

West Byfleet Junior School P.E Inclusion Statement

Physical Education is a practical subject that enables all children to participate in exciting and challenging physical activities, which can generate good health and fitness. PE provides opportunities for the development of physical, personal, social and intellectual skills, plus it encourages co-operation, positive actions, positive thinking, tolerance and respect for others. PE promotes the undertaking of exercises that can be continued into adulthood as part of a healthy lifestyle.

Most children follow a generalised development of movements and skills – a natural progression develops from the simple to the more complex. Initially children learn basic movements within the context of their own body then gradually begin to integrate these movements with one another. PE sessions need to allow for variety and flexibility within activities - children with physical disabilities will need time and space plus encouragement to perform simple activities well.

All children should be included in all P.E lessons:

- Skillful youngsters will need to be challenged with harder activities
- Less able youngsters will require simpler activities or skills broken down into their component parts

PE activities can be modified in a variety of ways:

- **Equipment** – colour, shape, length of handle, size, texture, weight
- **Interaction** – ability grouping or pairing, feeding (e.g. ball), safe zones (no marking), playing outside the games area, varying team numbers
- **Position** – adjusting posture to suit the activity, e.g. sideways to throw, alternating the intensity, using tactile guidelines to aid orientation
- **Rules** – additional 'lives', changing rules to aid inclusion, different ways of playing, simplifying a game, rotating rules, creating specific rules
- **Space** – distance travelled, height / length of barrier, size of the playing area, use of a zoned playing area
- **Speed** – varying speeds, e.g. slower or faster, using 'still' apparatus, e.g. large 'golf' tee