



Physical Education Policy - 2020

At The Annex School we realise the huge potential that can be gained from embedding a well-rounded injection of Sporting activities. We find that S.E.M.H. students engage particularly well in these pursuits and that this can be a means to gaining confidence and transferable skills.

At The Annex School different Sports activities take place throughout the year on a seasonal rolling programme geared to the specific inclinations of the current intake of students at the time. Key Stage 3 and 4 PE occurs on a Monday afternoon for two periods. Other sporting activities may occur throughout the week as a consequence of pupil premium activities.

Seasonal sports

Winter:

- Skiing
- Ice-skating
- Indoor Rock climbing
- Swimming
- Trampolining
- Table Tennis
- Badminton
- Basketball
- Boxing.

Summer:

- Football
- Golf
- Tennis
- Rock Climbing
- Water Sports.

Sports Day occurs on the last day of Summer Term and this involves challenge activities such as whole school Tug of war and a timed Assault Course. Outdoor Adventure Pursuits including Sea Kayaking, Abseiling, Coasteering and Surfing occur during many school holidays involving trips to Wales, Ashdown Forest and Devon. Various different forms of play are engaged in during school break times; we have a small football pitch, boxing punch, bag and basketball net on site as well as a pool room where we hold annual pool tournaments.

The Annex School utilises an overarching trained sports coach to facilitate sporting activities and we use additional specialist coaches when required. Sports activities are overseen and by The Head Teacher and partly coordinated by the SENCO.

The Annex school always seeks to provide sports which are popular with the students interests and inclinations. This includes sports which seek to enhance students' social skills involving team rules and aspects fair play and conduct. It is also important that sports promote whole body general fitness involving stamina, speed and flexibility. Healthy lifestyles are encouraged in the school and house. Students are inspired to create healthy meals in cooking classes and provided with fresh ingredients, some of the food is grown in the school garden. Some students are particularly health conscious and have experimented with vegetarianism and a low-fat fitness diets. In Applied Science students study Health.

Outside of school students have engaged in a multitude of sporting activities and clubs involving martial arts, diving, football, jogging, scouts and cadets. Every year The Annex School runs a charity event involving sporting challenges; for several years we have held a Swimathon at a local swimming bath raising money for Macmillan Nurses. More recently we organised a sponsored Mountain Bike challenge cycling around a large local reservoir, for this we raised money for a local Mental Health Arts Charity.

With respect to Careers and future pathways Sports has been utilised in several ways. With regards to work Experience pupils have engaged in work relating to Horse Management, Ice Skating and Skiing. Previous students have gone on to study on a BTEC course in Sport and Leisure at a local College and one pupil has gone on to recruit in the Army mainly, as a result of his positive engagement in sporting activities.

Pupil Premium is predominately used for Sports to enable further pupil development, notably in terms of Self-esteem and confidence building. PP has been used for Ice Skating, Horse Riding, Basket-Ball and Football and has also been used for Boxing. In the case of Boxing this has been useful for a student who suffered with DES (Dysexecutive Syndrome) regarding hand mirroring cognitive gross motor skills difficulties. Currently we have a student who trains at county level football who wants to go on to become a professional footballer.

We find sport can really help to reengage pupils and give them a tremendous sense of discipline. Any sport deemed hazardous, such as boxing are fully risk assessed. All sports are assessed in line with NC requirements (see School Marking Policy). Many aspects of student involvement in Sports are feed into challenges for The ASDAN Bronze Award.