

Teaching PE to pupils with Severe ASD

The Larkrise PE philosophy has been developed on the principle that all young people deserve to be **Included, Challenged** and **Supported** within PE and Sport.

To fully engage pupils with severe ASD a curriculum based on EYFS guidelines has been developed. The programme is based on a 'stage not age' approach and allows the pupils to explore and lead as much as possible. The pupils are encouraged to develop their communication and social skills through physical and creative activities. A combination of Child Led, Child Initiated and Teacher Led activities are used.

The pupils are given opportunities to be active and interactive, and to improve their skills of coordination, control, manipulation and movement.

The pupils are supported in using all of their senses to learn about the world around them and to make connections between new information and what they already know.

The pupils are supported in developing an understanding of the importance of physical activity and making healthy choices in relation to food.

The pupil's creativity is helped to develop by allowing them to explore, be curious and play. They are provided with opportunities to explore and share their thoughts, feelings and ideas, through a variety of music and movement.

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