



CASE STUDY

Spring School Term 2022

Adapted Sports PE at Woodlands School

Inclusive physical education for children with SEND. During the Spring Term of 2022, Pulse Social was contracted by Woodlands School in Leatherhead, Surrey, to deliver adapted sports and physical education lessons for children with Special Educational Needs and Disabilities (SEND).

The programme was designed to make PE more accessible, enjoyable and engaging for pupils with different abilities, needs and levels of confidence.

Small-group delivery

Pulse Social worked with three small groups of children in Key Stage 2. Delivering the lessons in smaller groups allowed the coaching team to provide more individualised support and adapt activities according to the pupils' needs.

The sessions focused on:

- Adapted sports and physical activities
- Participation at each child's own pace
- Building confidence through movement and play
- Developing coordination and fundamental movement skills
- Encouraging teamwork and positive communication
- Creating a safe and supportive PE environment





What Pulse Social delivered

Pulse Social's coaches planned and delivered inclusive PE activities that could be modified for different abilities. Instructions, equipment, rules and the level of challenge were adapted to help pupils participate meaningfully.

The small-group format also enabled coaches to respond to individual needs, provide encouragement and ensure that every child had opportunities to be active and involved.

The value of the programme

For children with SEND, traditional PE lessons can sometimes create barriers to participation. Adapted coaching helps remove these barriers by making activities more flexible and responsive.

Through its work at Woodlands School, Pulse Social provided a structured programme that supported pupils to experience sport in a positive and inclusive way. The sessions helped demonstrate that PE can be adapted so that children with different abilities can take part, enjoy being active and develop their confidence.

Partnership delivery

The programme was delivered through a direct school contract, reflecting Woodlands School's commitment to providing inclusive and accessible physical education for its pupils.

Pulse Social's qualified and DBS-checked coaches worked alongside the school to deliver sessions suited to the needs of the three Key Stage 2 groups.

Creating a Sporting Smile

The Spring Term 2022 programme at Woodlands School reflected Pulse Social's commitment to **Creating a Sporting Smile** by ensuring that children with SEND could access enjoyable, supportive and adaptable sporting experiences.

Pulse Social creates inclusive sporting opportunities for all ages and abilities. If you would like to hire Pulse Social to deliver adapted sports or PE sessions, visit <https://pulsesocial.co.uk/community-outreach>.

www.pulsesocial.co.uk

