



T case study by Miss Jones

T has always enjoyed Sports, particularly football and his fine/gross motor skills are in line with his developmental age and peers. Physical activity is vital to T's physical and emotional wellbeing and he regularly uses PE as an outlet for what we call 'big feelings'. Following several consecutive incidents in school which we call 'crisis', due to personal and developmental circumstances, T has only been in school for 1 hour a day in his own separate learning space. This was because the school day would bring on anxiety behaviours that would often put T and those around him in unsafe conditions, following this T started hitting 'crisis' point on a daily basis. In response to this, T's time in school was shortened and school activities such as break, PE and lunch which used to contribute to crisis were avoided for the time being.

Following a successful 6 months 2-1 intervention with T since Easter 2019, T and the team around him have developed strategies to deal with the anxiety behaviours and 'triggers'. We first decided as a team to introduce PE back into T's timetable 1 month ago and to have the aim of him joining in class PE by the end Christmas term. This was a target that was set for the end of term however by the second session back in PE with the Stockport County team; T was able to join in throughout the entire lesson. On his first PE lesson back, T watched at the door with me. It was clear to both me and T that the lesson was well-organised, safe, calm and inclusive, and because of this none of T's anxiety behaviours were present. By the second session T felt confident enough to join in, Bobby, Matt and the team made him feel as though he had never been away from the class and he responded well to the positive male role models. Since T's return to PE, he has never once hit crisis, his partner and team work have gone from strength to strength and he has won two certificates for star of the week. I would like to thank the team personally for supporting more than anything, T's social and emotional development at a time that has proved challenging and for making him feel safe and included in school.

A handwritten signature in black ink, appearing to read 'Miss Jones'.

Miss Jones