

Physical Education Intent

The PE curriculum at Salford City Academy aims to inspire a lifelong positive attitude to fitness, exercise, and wellbeing, through enjoyment of an inclusive, broad and balanced curriculum. The PE curriculum aims to develop students, physical, mental, and social health and ensures that being active forms part of their identity whether through life-long participation, elite performance, further qualifications or entering the sporting workplace.

The curriculum is driven by three themes: **performance, leadership, and health**. We have branded these **Fit to Perform, Fit to Lead and Fit for Life**. These skills form a framework which is designed to progressively improve students' knowledge, skills and understanding, whilst building character and leadership skills and ensuring students are physically active for sustained periods of time.

All students will build on and embed the physical development skills learned in Key Stage 1 and 2, becoming more competent and confident in their technique. Opportunities will be provided each year for students to refine the techniques and tactics and apply them across different sports and physical activities. They will understand what makes a performance effective and how to apply principles to their own and others' work through each activity and by completing the UL fit to lead course. Students will develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life and understand and apply the long-term health benefits of physical activity.

The PE curriculum as SCA is underpinned by the following curriculum principles.

Entitlement: The curriculum allows students to develop the confidence to excel in a broad range of physical activities through PE, Aspire clubs and physical activity. PE is accessible for all students, seeking to overcome barriers to participation which young people may face.

Coherence: Opportunities are provided to allow students to become physically confident in a way that supports their own health and fitness. Additionally, the PE curriculum will help to build aspects of the student's character including resilience and empathy, as well as skills in leadership, decision-making and problem-solving.

Mastery: Through the PE curriculum students become physically skilful young people with the knowledge and understanding in areas of performance, leadership and health. These skills develop year on year and will transfer and endure into adulthood.

Adaptability: The PE curriculum at SCA makes reasonable adaptations to ensure that all students can access the same curriculum. Beyond the classroom, it allows students to be independently active outside of school through weekly physical activities, aspire clubs, competitions and links to online resources.

Representation: Our pledge is that "Students of all abilities, gender orientations and backgrounds will feel safe, valued and respected. They will be fully included in line with relevant educational/equality laws and the spirit of fair competition and feel that health-promoting physical activity is relevant to their identity." This pledge includes supporting whole school strategies for inclusion, gender and racial equality; using inclusive language and images across lesson resources, corridor and PE facility displays. We also provide and celebrate a diverse range of positive role models.

Education with Character: The aim is that through physical education, all students develop competency to excel in a broad range of physical activities, tailored to suit the needs of our students and the changing trends of popular sports. They will engage in competitive sports and activities, applying the knowledge gained in lessons to competitive situations and school games activities. Students will lead healthy, active lifestyles through developing a sound knowledge of the principles of fitness. Students understand the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.