

PE INTENT

The PE curriculum at Salford City Academy aims to provide a high-quality experience to inspire all students, including disadvantaged and/or SEND, to succeed and excel in competitive sport and other physically-demanding activities. Opportunities are provided to allow students to become physically confident in a way that supports their health and fitness. For example, they will be taught the skills required to compete in a range of sports and the health and fitness requirements needed to perform effectively. These opportunities will build character and help to embed values such as fairness and respect through abiding by the rules and respecting the opposition. Students will have the chance to develop their leadership skills and show their creative flair.

The aim is that through physical education, all students;

- Develop competence to excel in a broad range of physical activities, tailored to suit the needs of our students and the changing trends of popular sports. The programme of study will be structured but allow for change as opportunities are presented.
- Are physically active for sustained periods of time, maximising the 2 hours of curriculum time offered each week. In addition, a broad range of extra-curricular activities will be offered to encourage to participate and compete.
- Engage in competitive sports and activities through applying knowledge gained in lessons to competitive situations and school games activities.
- Lead healthy, active lifestyles through developing a sound knowledge of the principles of fitness.
- Know the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.

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 completing the UL fit to lead course. They 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.

By the end of the key stage, students will be knowledge rich and have the ability to apply skills, techniques and tactics to a range of activities covered in the programme of study.

