

Our PE and Health Curriculum at The Lowry Academy aims to provide opportunities for all pupils to become physically confident through three key strands: Fit to Perform, Fit to Lead and Fit for Life. Pupils will develop motor competence through a variety of physical activities that are logically progressed.

Every lesson will be introduced with a concept, physical activity is then used as a vehicle to embed the understanding of each concept. These include areas such as resilience, active listening, employability skills, mental health. The broad range of activities that we deliver allows students to study the effects that exercise can have on their body as well as progressively acquiring powerful knowledge, tactics, strategies, and creative flair. The curriculum provides opportunities to compete in competitive sport, helping to embed values such as fairness and respect. Following Key Stage 3, students can opt for OCR Sports Studies, where pupils will further their practical skills, techniques and leadership skills. They will also develop their knowledge and understanding of contemporary issues in sport, plan how to deliver safe sports sessions, evaluate sessions and demonstrate their understanding of outdoor and adventurous activities

A study by Pearson concerning skills and employability was based on what are predicted to be the top ten occupations in the UK by 2030, with sport and fitness being predicted to be third. When designing our curriculum, we have considered the skills our pupils would require to be successful. We are doing so much more than promoting participation in physical activity - we are teaching relevant life skills, developing stronger connections to physical activity and improving the experiences and positive habits within PE for every child.

Entitlement: All pupils in PE have the opportunity to learn the knowledge and skills detailed in our curriculum regardless of their ability - it is accessible and equitable for all pupils. It actively seeks to overcome any barriers to participation which our pupils may face because of their race, gender identity or any aspect of SEND. Reasonable adjustments are made to ensure pupils continue to have the opportunity to be included in all physical activity.

Coherence: Our PE and Health curriculum is progressive and will help to prepare students by developing physically skilful young people who have mastered the knowledge, skills and understanding to succeed in KS3 and to prepare them for transition to KS4 PE. Practical skills are acquired which allows them to build foundations leading to more complex tasks both in isolated practice and open game situations. At KS4 some pupils will opt for the accredited Sports Studies course whereby they will further build declarative and procedural knowledge of specific sports, leadership skills, outdoor and adventurous activities and contemporary issues in sport. Such is our commitment to developing generic leadership and employability skills in young people through PE and sport, our ambition is to enable achievement of our KPIs in Years 7, 8 and 9 to be recognised with a bronze, silver and gold 'Fit to Lead' award. Furthermore, students in Year 9 who opt to undertake a further assessment can achieve a level 1 Sports Leaders Award delivered with The Rio Ferdinand Foundation.

Mastery: We ensure that pupils develop an understanding of what a quality action looks like and feels like through regular practice, revisiting, reviewing, identifying key knowledge and misconceptions. Our curriculum offers a breadth of learning with increasingly more complex situations. Some useful examples include, replicating actions/phrases, solving problems to overcome challenges, outwitting opponents, performing at maximum levels in relation to speed, height, distance, strength and accuracy, exercising safely and effectively to improve health and wellbeing. Pupils experience a range

of roles at KS3 and 4 including opportunities to be leaders, officials and managers. From September 2022, we have introduced Orienteering in the curriculum; this activity is a unit delivered in Sports Studies at KS4 where they will have the opportunity to further progress and master the skills needed to score well.

Adaptability: The flexibility in our curriculum allows us to choose activities that best suits our pupils, considering geographical location - for example, selecting flat bat rounders as a striking and fielding activity allows pupils to continue their participation outside of school at local clubs. Likewise, Rugby union sessions are delivered both in curriculum time and co-curricular by our rugby specialist, allowing pupils to enter local competitions in the area.

Representation: Through our interleaved concepts, the curriculum seeks to develop aspects of character, such as resilience, the spirit of fair play, empathy, confidence to perform under pressure. A student's experience of physical education in school should increase their self-confidence and their ability to trust in others. We are an inclusive school, some of our students identify as gender neutral, in PE, these pupils have the choice to choose activities and groups they feel most comfortable with when taking part in physical activity - this has been a welcomed approach and supports our diverse culture.

Education with character: We provide a variety of co-curricular physical activities and sports to ensure our pupils have opportunities to be part of a team, represent the school, have fun and develop a greater interest their choice of activity. Activities include football, rugby, gymnastics, basketball, badminton, fitness and other emerging sports. PE teachers work hard to build positive relationships with both pupils and their parents/carers. We consistently reward pupils and ensure that parents/carers are aware of their achievements. The local area has higher unemployment rates, it is therefore crucial that we promote pupil achievement and embed a culture of positive change for the future. Through our delivery of concepts, we share the importance of living a healthy active lifestyle and how this can impact their physical, social and mental wellbeing.