



Deepening Learning and Raising Aspirations through the AIRR values.  
What does this look like in our Physical Education and Health & Fitness curriculum?

## Aspire:

We aspire for students to perform to the highest level; performing at maximum levels across a wide range of sports and activities. Our curriculum is designed to offer a wide range of activities, both traditional and modern, individual and team based. We value the space that our sporting facilities have. We push our students to strive for school representation with fixture and intersports competitions. We encourage our students to strive for district sports trials. In Health and Fitness, we aspire for high grades beyond our students' targets. The aspiration to do well is supported by regular assessment and homework as well as high standards of teaching and learning and extended learning opportunities.

## Be Independent:

Our curriculum is designed for students to practice their individual skills in isolation before applying to game situations. Students can take on leadership roles within the lessons in order to become confident performers. We want our students to be self-aware and have the knowledge to use healthy lifestyle choices. We promote a higher level of career opportunities that lead into, and after key stage 5. Health and Fitness greatly encourages independence - starting from homework in Year 9 all the way through to coursework in Year 11. Fitness testing as well as revision for regular assessments also encapsulates the opportunities and benefits of independence.

## Be Resilient Learners:

We encourage students to persevere during individual and team-based lessons in order to achieve success. Our lessons are structured to break difficult skills into more manageable elements. By being resilient our students are asked to push past their limits to make clear progress during our lessons. Opportunities at extracurricular level, and, the opportunity to represent the school, offers clear links with resilience. Our students will also have to overcome disappointment in early assessments in Health and Fitness. The gradual progress will be a key part of their success as they strive to progress beyond their targets.

## Be Respectful:

We encourage our students to show respect as performers, coaches and officials. We ask for sportsmanship in all lessons; Mutual encouragement for all levels of performers. Demonstrating an ability to win and lose with dignity whilst recognising and adhering to British values. This respect is also expected in classrooms, corridors and in all aspects of lessons whether that be practical or theory.