

## What are the aims and intentions of this curriculum?

Students will participate in a variety of fitness tests, invasion and net games focusing on individual skills and competitive situations. Students will participate in aesthetics focusing on individual and group work. Students will participate in individual athletics events from running, jumping and throwing. Students will participate in Cricket, Softball and Rounders in both practice and competitive situations. Students will develop their knowledge of the rules of different sports and how to officiate them. Students will gain knowledge throughout a variety of topics on how to lead and healthy lifestyle.

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	Health Related Fitness	<ul style="list-style-type: none"> <li>• What are fitness tests</li> <li>• How are they conducted</li> <li>• How do we record our results</li> </ul>	Students will develop their knowledge on how to set up, participate and record a variety of fitness tests. Students will learn how to link fitness tests with a wide range of sports.	Practical
Autumn 2	Invasion Games (Football/Netball/Rugby/Basketball/Handball)	<ul style="list-style-type: none"> <li>• Attacking and defending</li> <li>• Individual Skills</li> <li>• Tactics</li> <li>• Strategies</li> <li>• Rules</li> </ul>	Students will develop their ability to attack and defend in both practice and game situations. Students will develop their knowledge on how to outwit opponents using tactics and strategies. Students will develop their knowledge of the rules of games and how to officiate them.	Practical
Spring 1	Invasion Games (Football/Netball/Rugby/Basketball/Handball)  Aesthetics	<ul style="list-style-type: none"> <li>• Attacking and defending</li> <li>• Individual skills</li> <li>• Tactics</li> <li>• Strategies</li> <li>• Rules</li> <li>• Choreography</li> <li>• Individual performance</li> <li>• Team performance</li> </ul>	<p>Students will develop their ability to attack and defend in both practice and game situations. Students will develop their knowledge on how to outwit opponents using tactics and strategies. Students will develop their knowledge of the rules of games and how to officiate them.</p> <p>Students will develop their ability to participate in gymnastics/dance/Trampolining. Students will perform and create sequences individually and in a team.</p>	Practical

Spring 2	Invasion Games (Football/Netball/Rugby/Basketball/Handball) & Net Games (Badminton/Table Tennis)	<ul style="list-style-type: none"> <li>• Attacking and defending</li> <li>• Individual Skills</li> <li>• Tactics</li> <li>• Strategies</li> <li>• Rules</li> </ul>	<p>Students will develop their ability to attack and defend in both practice and game situations.</p> <p>Students will develop their knowledge on how to outwit opponents using tactics and strategies.</p> <p>Students will develop their knowledge of the rules of games and how to officiate them.</p>	Practical
Summer 1	Athletics	<ul style="list-style-type: none"> <li>• Throwing</li> <li>• Jumping</li> <li>• Running</li> <li>• Measuring</li> <li>• Scoring</li> </ul>	<p>Students will develop their knowledge on how to perform and record a variety of running, throwing and jumping events. Students will develop their knowledge on how to officiate.</p>	Practical
Summer 2	Striking & Fielding	<ul style="list-style-type: none"> <li>• Throwing</li> <li>• Catching</li> <li>• Rules</li> <li>• Scoring</li> </ul>	<p>Students will develop their knowledge on how to participate in a variety of striking and fielding events. Students will develop their knowledge of the rules and how to officiate.</p>	Practical