

## OVERVIEW

The curriculum is driven by three themes: **performance, leadership, and health**. 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.

## Aut

### Football, Leadership and hand invasion games (netball, basketball and handball):

By the end of these activities, students will learn about the fundamental key skills, such as passing, dribbling and shooting. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a match. Students will learn about key rules of each activity, such as starting and restarting a game, the scoring system, fouls and sanctions. They will also begin to develop their analytical skills by commenting on their own performance and the performances of others. They will also gain an understanding of how regularly participating in each sport can contribute to a balanced, healthy lifestyle.

Through leadership students will work in small groups to work on their communication and teamwork skills. They will plan and lead activities ensuring there is a focus on fun. They will also develop a range of leadership behaviours: creativity, respect, determination, enthusiasm.

#### Assessment:

- Performing the skills for each activity.
- Knowledge of the rules of the activity.
- Understanding of a healthy lifestyle.
- Ability to plan and lead for a small group.

## Spr

### Rugby, net games (badminton and table tennis) and fitness:

By the end of these activities, students will learn about the fundamental key skills, such as throwing and catching, exploiting space and specific shots such as how to serve. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a match. Students will learn about key rules of each activity, such as starting and restarting a game, the scoring system, fouls and sanctions. They will also begin to develop their analytical skills by commenting on their own performance and the performances of others. They will also gain an understanding of how regularly participating in each sport can contribute to a balanced, healthy lifestyle.

Through fitness, students will acquire knowledge as to how to perform various methods of fitness training as well as understanding which sports they are most suitable for and why.

#### Assessment:

- Performing the skills for each activity.
- Knowledge of the rules of the activity.
- Understanding of a healthy lifestyle.
- Demonstrating appropriate levels of fitness.

## Sum

### Athletics and striking & fielding games (rounders and cricket):

Students will learn about the fundamental key skills within athletics including runs, jumps and throws. Students will acquire knowledge as to how to perform key skills as well as understanding where and why they are used within athletics. Students will learn about key rules within athletics such as faults and how to measure, and they will also begin to develop their analytical skills by commenting on their own performance and the performances of others. They will also gain an understanding of how regularly participating in athletics can contribute to a balanced, healthy lifestyle.

Students will learn about the fundamental key skills within striking and fielding activities, such as throwing/catching, batting and bowling. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a match. Students will learn about key rules of striking and fielding sport, such as bowling/batting rules, the scoring system and pitch layout. They will also begin to develop their analytical skills by commenting on their own performance and the performances of others. They will also gain an understanding of how regularly participating in striking and fielding activities can contribute to a balanced, healthy lifestyle.

#### Assessment:

- Performing the skills for each activity.
- Knowledge of the rules of the activity.
- Understanding of a healthy lifestyle
- Ability to plan and lead for a small group

#### Useful resources for supporting your child at home:

- Full PE-kit suitable for indoor and outdoor, warm and cold weather lessons.
- Indoor and outdoor footwear including trainers and football boots
- Sport specific equipment e.g., gum shield for rugby

#### Homework:

- Attend a sports Aspire club.