

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 (handball, netball and basketball):

In these units, students will learn more advanced key skills within the activity, for example, attacking passing, dribbling to beat a player and tackling. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used effectively within a game situation. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to influence a competitive match. They will learn about and consistently apply rules of the sport, and they will develop their analytical skills by commenting on their own performance and the performances of others during a competitive match.

By the end of the fitness unit (Fit to Lead silver Award) students will develop their leadership skills to assist in leading a team or small group in a sport/physical activity setting. Throughout the silver Award they will focus on developing the following skills: organisation, communication, motivation, planning, and leading.

Through the course they will also develop a range of leadership behaviours: creativity, reflective behaviour and ambition. By the end of this award, they will be able to lead an activity or part of an activity individually.

Assessment:

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

Spr

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

In these units, students will learn more advanced key skills within the activity, for example, attacking and defending, tackling and specific shots such as spin serves. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used effectively within a game situation. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to influence a competitive match. They will learn about and consistently apply rules of the sport, and they will develop their analytical skills by commenting on their own performance and the performances of others during a competitive match.

Through fitness, students will learn basic anatomical structures and will be able to explain how different components of fitness can improve their sporting performance.

Assessment:

- Performing the skills for each activity.
- Knowledge of the rules of the activity.
- Understanding of a healthy lifestyle.
- Show how components of fitness have improved their performance.

Sum

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

In these units, students will learn more advanced key skills within the activity, for example, how to compete in each event within athletics, specific skills such as spin bowling and place hitting. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used effectively within a game situation. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to influence a competitive match. They will learn about and consistently apply rules of the sport, and they will develop their analytical skills by commenting on their own performance and the performances of others during a competitive match.

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.