

## 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, handball and basketball):

Students will learn about the advanced key skills within each activity such as set plays and pieces. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a competitive match. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to ensure success in a competitive match. Students will learn about and consistently apply the rules of each activity, and they will develop their analytical skills by commenting on their own performance and the performances of others.

Students will become confident leaders and will show their ability to model suitable behaviours. They will learn how to adapt their sessions to suit all participants.

#### Assessment:

- Performing the skills for each activity.
- Knowledge of the rules of the activity.
- Understanding of a healthy lifestyle.
- Confidently takes on leadership roles and acts as a role model.

## Spr

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

Students will learn about the advanced key skills within each activity such as set plays and pieces. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a competitive match. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to ensure success in a competitive match. Students will learn about and consistently apply the rules of each activity, and they will develop their analytical skills by commenting on their own performance and the performances of others.

Students will gain knowledge of how to use the principles of training to improve their own health and fitness. They will also learn the importance of nutrition and hydration and the impact it has on sporting performance.

#### Assessment:

- Performing the skills for each activity.
- Knowledge of the rules of the activity.
- Understanding of a healthy lifestyle.
- Explain the importance of nutrition and hydration.

## Sum

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

Students will learn about the advanced key skills within each activity such as set plays and pieces. Students will acquire knowledge as to how to perform these skills as well as understanding where and why they are used within a competitive match. Students will develop their tactical knowledge and understand how to adapt strategies/tactics to ensure success in a competitive match. Students will learn about and consistently apply the rules of each activity, and they will develop their analytical skills by commenting on their own performance and the performances of others.

#### 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.