

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

During KS3 the focus is on performing in a range of different activities developing increasingly complex physical skills (hands). There is a second focus on developing strategies and tactics, problem solving, composition, analysing performance and communication skills and leadership (head). Finally students develop an awareness of fitness and training, the effects of exercise on their body, warming-up and cooling-down and positive lifestyle choices (heart).

Term	Topics	Knowledge covered	Skills developed	Assessment
<b>Autumn 1</b>	Winter Activities	Students perform on a carousel of events in different order. This includes: Invasion games, Cross Country, Swimming, Gymnastics, Dance and Fitness	Students develop confidence and competency in performing techniques across a range of sports and physical activities. Students implement a range of strategies and tactics to overcome opponents with high levels of success. They analyse and develop their technique to improve performances to achieve their personal best. Students overcome intellectual and physical challenges taking some leadership roles when part of a team, building others trust and developing skills to solve problems. They understand the importance of being actively involved in exercise, sports and activities out of school in preparation for later life, and understand and apply the long-term health benefits of physical activity on the different body systems.	Students are assessed on levels 1-9 based on their practical performance (hands) cognitive ability (head) and knowledge of health and fitness (heart).
<b>Autumn 2</b>				
<b>Spring 1</b>				
<b>Spring 2</b>				
<b>Summer 1</b>				
<b>Summer 2</b>				