

What are the aims and intentions of this curriculum?

Students develop a wider range of depth in their chosen sporting activities developing and applying complex skills.. There is a focus on applying skills in competitive situations. Students take a wider role in leading and officiating in their chosen activities. Students take responsibility for warming up and cooling down in their chosen activities.

Term	Topics	Knowledge covered	Skills developed	Assessment
Autumn 1	Winter activities	Students pick a pathway of activities from Games, Individual, Challenge and Aesthetic and complete full term blocks of different activities.	In games activities students perform complex skills and apply them effectively to game situations. They are able to analyse their own and their teams performance making suggestions for changes in strategy and tactics. They are able to take roles in leading the group through warm-ups, cool-downs and drills. They understand the components of fitness required for different sporting activities and understand how to develop these in training. In individual activities students can use complex skills to outwit opponents and perform at maximum levels. They are able to apply appropriate strategy and tactics. Students are able to analyse their own and others performances both in terms of fitness and skill suggesting ways of making improvements. In challenge activities students are able to apply a range of skills. They are able to problem solve both individually and as a group. Students are able to analyse their own and others performances both in terms of fitness and skill suggesting ways of making improvements. In aesthetic activities students are able to apply a range of skills to relevant situations. They are able to be creative and develop compositional ideas both individually and as a group. They can analyse both their own and others performances making suggestions for improvements. They understand how fitness affects performance and ways to develop fitness.	Assessment is againsts the GCSE criteria for the sporting activity
Autumn 2				
Spring 1				
Spring 2				
Summer 1	Summer Activities	Students perform in athletics events and striking and fielding events	In athletics events students perform at maximum levels and use advanced skills to beat an opponent. They are aware of the correct techniques for the events and can analyse their own and others performances suggesting how to make improvements. They are able to understand the different components of fitness required for the events and can suggest how these can be developed to aid performance. In striking and fielding activities the students can use advanced skills to outwit opponents	Assessment is againsts the GCSE criteria for the sporting activity
Summer 2				