

		Yec	ır 9 – Health & Wellbo	eing			
Curriculum intent	Learners are encouraged to engage in a variety of different sports both team and individual based, tactics and decision making forms a large section of the curriculum in year 9. In year 9 learners are introduced to the fitness facilities and therefore all undertake a gym induction, once this is complete learners are allowed to take part in specific classes to further develop their knowledge around fitness and health.						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Knowledge	Team Work Invasion Games Net Games Personal Fitness	Team Work Invasion Games Net Games Personal Fitness	Team Work Invasion Games Net Games Junior Leadership	Team Work Invasion Games Net Games Junior Leadership	Team Work Invasion Games Net Games Coaching	Team Work Invasion Games Net Games Coaching	
	This year's learners are indicted into the gym at ASV and will have the opportunity to complete a young personal training award. Learners will also have access to the gym after school in order to continue to push and develop their fitness. Learners will also continue to compete in a range of sports including net games and	Having had a full gym induction learners will start to understand the different components of fitness and how the body reacts to sport or physical activity. Learners will look at all 11 components of fitness and learn how these are required in a variety of different sports,	Skills across all sports will be tested as will learner impact on tactics and set game play. Learners will continue to develop advanced skill and use leadership qualities to build on their influence in a performance. Learners will continue to	Methods of training will be introduced and explored by learners. Linking components of fitness and understanding how they are best developed through various types of training. Learners will have exclusive use of the gym in order to assess their areas of weakness	Components of fitness, methods of training and principles of practice will all be developed and discussed. Learners will be taught the key concepts of planning for improvement and will focus on at least one aspect of their personal fitness and one sport specific skill	Learners will be challenged to test their fitness levels and compare these results to that of National averages. Reflecting on their fitness improvement plans and assessing their performance across all sports. Learners will be challenged to test their performance	



	invasion games. Learners will continue to build on their knowledge and skills form previous years.	acknowledging that the order in which they are needed may change depending on the activity. Learners will experience first-hand how developing specific components of fitness can have a direct impact on performance.	develop their communication skills and work on reflection and constructive feedback, observing their own performances and that of their peers.	when focusing on fitness. Learners will use their knowledge of components and their understanding of the demands of a chosen sport to start to plan an improvement programme.	from a sport of their choice. Learners will develop their own improvement plan and set targets and goals, whilst continuing to challenge themselves through performance and competition.	in specific sports or activities and demonstrate their impact on a competitive situation. Learners will have a strong understanding of rules, regulations and scoring systems and have a vast range of skills, basic and advanced.
Skills	Knowledge Communication Physical Ability Core Skills Advanced Skills	Understanding Respect Fitness Level Core Skills Advanced Skills	Analysis Leadership Competition Core Skills Advanced Skills	Feedback Resilience Technique Core Skills Advanced Skills	Responsibility Effort Tactics Core Skills Advanced Skills	Rules/Regulations Confidence Problem Solving Core Skills Advanced Skills
Assessments	Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using	Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using	Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using	Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using	Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using	Departmental – Every half term using the Gold/Silver/Bronze assessment method. Plus termly formal assessment using



	the KS3 Assessment Pack.					
Enrichment	Extra Curricular					
	Inter – form					
	Competitions	Competitions	Competitions	Competitions	Competitions	Competitions
	External Initiatives					
	RSHS Leadership					

