

THRESHOLD CONCEPTS			
EYFS-Y2		Y3-4	Y5-6
Explore basic movement skills of running, jumping, kicking, throwing and catching, whilst demonstrating physical attributes of balance, agility and co-ordination.		Combine basic movement skills of running, jumping, kicking, throwing and catching, whilst demonstrating physical attributes of balance, agility and co-ordination.	Refine sport specific skills whilst demonstrating physical attributes of flexibility, strength.
Y7	Y8	Y9	KS4 Core
Control 'Understand the components of skills and be able to perform the techniques effectively.'	Precision 'Perform the components of skills and refine the techniques for accuracy.'	Fluency 'Linking skills and movements together to gain a competitive advantage within a sporting situation.'	Originality 'Demonstrating expression and creativity during sport and physical activity to achieve a personal best'
Module 1		Module 2	Module 3
Learning Intent for this module: Control: 'Understand the components of skills and be able to perform the techniques effectively.' Students build on and embed the fundamental skills learned in Primary school. They develop control across a broad range of team games, individual games and health-related fitness. Students will be physically active for sustained periods of time and engage in competitive sports and activities. They are taught the importance of leading healthy, active lives and should develop the confidence and interest to participate in exercise and compete in sports and activities within the extra-curricular programme and outside of school.		Learning Intent for this module: Control: 'Understand the components of skills and be able to perform the techniques effectively.' Students continue to build on fundamental skills learned in Primary school by developing control across a broad range of aesthetic activities and team invasion games. Students will be physically active for sustained periods of time and engage in competitive sports and activities. Through aesthetic activities and team games students are taught the importance of leading healthy, active lives and continue to develop the confidence and interest to participate in exercise and compete in sports and activities within the extra-curricular programme and outside of school.	Learning Intent for this module: Control: 'Understand the components of skills and be able to perform the techniques effectively.' Students continue to build on fundamental skills learned in Primary school by developing control across a broad range of team striking and fielding games, individual games and athletic activities. Students will be physically active for sustained periods of time and engage in competitive sports and activities. Through striking and fielding games and athletics activities students are taught the importance of leading healthy, active lives and continue to develop the confidence and interest to participate in exercise and compete in sports and activities within the extra-curricular programme and outside of school.

Key Content to be learned: Develop knowledge and control of core skills and techniques in team and individual games in isolated and conditioned practices. Develop knowledge and understanding of the rules of different activities and apply them within different contexts. Develop basic tactics and strategies to overcome opponents in direct competition through team and individual games. Lead a group warm up to improve own or others performance.	Key Content to be learned: Develop knowledge and control of core skills and techniques in aesthetics activities and team games in isolated and conditioned practices. Develop knowledge and understanding of the rules of different activities and apply them within different contexts. Develop basic tactics and strategies to overcome opponents in direct competition through team and individual games. Develop techniques and improve performance in aesthetic activities.	Key Content to be learned: Develop knowledge and control of core skills and techniques in athletics activities, team games and individual games in isolated and conditioned practices. Develop knowledge and understanding of the rules of different activities and apply them within different contexts. Develop basic tactics and strategies to overcome opponents in direct competition through team and individual games. Develop techniques and improve performance in athletic activities.
Assessment for this module: Students demonstrating a consistent level of control in a wide range of skills required for team and individual games. Selection and application the correct skills. Demonstration of fitness to perform effectively. Application of the rules and the correct selection of strategies and tactics within the practical context for team and individual games. Evaluate performance and give recommendations to improve. Delivery of the different components of a warm-up to prepare participants to take part in physical	Assessment for this module: Students demonstrating a consistent level of control in a wide range of skills required for successful performance in aesthetic activities and team games. Selection and application the correct skills. Demonstration of fitness to perform effectively. Application of choreographic skills, rules and the correct selection of strategies and tactics in the practical context for aesthetic activities and individual games. Evaluate performance and give recommendations to improve.	Assessment for this module: Students demonstrating a consistent level of control in a wide range of skills required for successful performance in athletic activities, team and individual games. Selection and application the correct skills. Demonstration of fitness to perform effectively Application of the rules and the correct selection of strategies and tactics within the practical context for athletic activities, team and individual games. Evaluate performance and give recommendations to improve.

activity. Responding to the demands of various activities. Demonstrating a positive attitude.	Responding to the demands of various activities. Showing control of their emotions to be successful in their performance. Demonstrating a positive attitude towards others and communicate effectively.	Responding to the demands of various activities, controlling emotions and demonstrating a positive attitude.
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