

What are the aims and intentions of this curriculum?

During KS3 the focus is on performing in a range of different activities developing 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
Autumn 1	Transition programme	Students cover a range of 6 activities including swimming, football, netball, gymnastics, athletics and cross country.	Students perform techniques across a range of sports and physical activities. Students use a range of strategies and tactics to overcome opponents. They analyse and develop their technique to improve performances to achieve their personal best. Students overcome intellectual and physical challenges by working as part of a team, building on trust and developing skills to solve problems. They develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.	Students are assessed on levels 1-9 based on their practical performance (hands) cognitive ability (head) and knowledge of health and fitness (heart).
Autumn 2	Winter Activities	Students perform on a carousel of events in different order. This includes: Invasion games, Cross Country, Swimming, Gymnastics, Dance and Fitness		
Spring 1				
Spring 2				
Summer 1				
Summer 2				