



The curriculum for this stage of students' education has been designed to build directly upon their experiences and achievements of Year 7 P.E. in a way that begins to place greater emphasis on factors like strategy and tactical play. By this point, students will have partaken in a range of Net and Wall, Striking and Fielding, Health and Fitness and Invasion activity and owing to frequent use of skills-based assessment criteria, should have a greater sense of their current strengths and areas for development. Therefore, as we re-visit sports they were first introduced to in Year 7, the goal here is to consolidate rules and principles, develop and enhance fundamental skills, learn new techniques, and, apply skills of evaluation more knowingly. Students should show more awareness when it comes to identifying and solving problems. Teachers should be more ambitious in their support and expectation of accurate replication of skills and those emerging as leaders within sport, should be given opportunities to help grow others. Overall, we want them to enjoy themselves as they continue to exercise safely and effectively, and, as we guide them in pushing their potential with determination and discipline.

<p>HALF TERM 1 STUDENTS MUST KNOW: The more advanced rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> • Baseline Fitness testing • Basketball • Netball • Handball • Rugby <p>HOW THIS WILL BE ASSESSED: Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>	<p>HALF TERM 2 STUDENTS MUST KNOW: The more advanced rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> • Football • Gymnastics • Table Tennis • Hockey • Tchoukball • Inter-House Competitions <p>HOW THIS WILL BE ASSESSED: Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>	<p>HALF TERM 3 STUDENTS MUST KNOW: The more advanced rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> • Mid-year Fitness Testing • Volleyball • Trampolineing <p>HOW THIS WILL BE ASSESSED: Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>
<p>HALF TERM 4 STUDENTS MUST KNOW: The more advanced rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> • Health-related Fitness • Badminton • OAA • Tag Rugby • Inter-House Competitions <p>HOW THIS WILL BE ASSESSED: Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>	<p>HALF TERM 5 (or 6) STUDENTS MUST KNOW: The more advanced rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> • Cricket • Athletics: Sprints, Middle-distance, Cross-country, Shot or Javelin and High-Jump • Rounders <p>HOW THIS WILL BE ASSESSED: Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>	<p>HALF TERM 6 (or 5) STUDENTS MUST KNOW: The more advanced rules, skills and techniques involved in (at least 3):</p> <ul style="list-style-type: none"> • Tennis • Softball • Ultimate Frisbee • Badminton <p>HOW THIS WILL BE ASSESSED: Graded skills criteria for each activity will be applied to students' demonstration of the above in both, isolated and competitive scenarios.</p>

Embedding this knowledge can be supported at home by attending as many extra-curricular sporting activities and teams as possible and participating in sports teams and clubs outside of college. Students should aim to undertake 60 minutes of physical activity each day, to support a healthy, active lifestyle. According to Government advice, on 3 days a week, these activities should involve exercises for strong muscles and bones such as push-ups and running and jumping.