



What will you learn?

Topic(s)

Health and Fitness - Students develop an understanding of the components of fitness through practical application and theoretical knowledge. All students will complete fitness testing at 3 points during the academic year.

Creative (Dance and Trampolining) - Students learn choreography techniques and how to include these into a final dance performance. Students learn how to perform trampoline movements to showcase in a final performance.

Net/wall games - Students will take part in volleyball and table tennis, learning how to perform skills and play in full games.

Invasion games - Students learn skills, tactics and strategies to outwit their opponents. Handball, football and netball are some of the invasion games covered.

Striking and Fielding - Students learn the fundamental skills of striking and fielding and implement them in game play, through cricket and rounders.

Athletics - Students learn track and field events, as well as training methods aimed to improve performance in athletics activities.

Outdoor & Adventurous Activities - Students learn through team building and communication games. Learning how to solve problems and work towards meeting an end goal.

How will you be assessed?

Overall assessment

All end of unit grades are given by completing core tasks, and full game play. In all units, students will experience peer and self-assessment, practical moderation, home learning tasks.

End of Year assessment

Students will be assessed using the practical subject ACS level descriptors ASSURED, SECURE, DEVELOPING and EMERGING. An average grade will be given from all activities completed during the academic year.



Which resources should you use?

Books, websites, online resources, trips and visits

GCSE bitesize, Brian Mac, Extra-curricular clubs.

What independent work can you do?

Books, websites, online resources

Use the VIP Zone, there you will find:

- An 'Independent Learning' folder full of resources and ideas to support your learning
- PLCs [Personal Learning Checks] - use these to rate your understanding of each topic and to recap and stretch your knowledge and skills.

Start revising. Try some of these to improve your understanding of each lesson and to help you prepare for assessments.

- **Summarise your notes:** Identify the key ideas and essential details. This technique improves understanding and retention by making information clearer and more manageable.
- **Flashcards:** Write key information on cards, don't forget to include an example
- **Mind maps:** Visually organize information by creating diagrams that connect ideas. This helps you see the relationships between topics.
- **Mnemonics:** Use songs, rhymes, or acronyms to help remember facts and figures.
- **Recording and replaying:** Record yourself reading notes and listen back to them.
- **Sticky notes:** Write / draw a key point on each note and place them around your house to help with memorisation.

Watch this: BBC Bitesize [The Best Memory Hacks to Help Your Revision](#)