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| **Curriculum rationale & design** | **KS3 - Intent**Scholars build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident, and expert in their techniques, and apply them across different sports and physical activities. **KS4 Qualification Intent** - Scholars who study BTEC Tech Award in Sport will develop their knowledge and understanding completing components relating to preparing participants to take part in sport and physical activity, taking part and improving other participants sporting performance and developing fitness to improve other participants performance in sport and physical activity. Scholars who study BTEC Teach Award in Health and Social Care will develop their knowledge and understanding completing components relating to Human lifespan development, Health and Social Care services and values, alongside individuals health and wellbeing.**KS4 Enrichment – Intent**Scholars will tackle complex and demanding physical activities. Scholars will be involved in a range of activities that develop personal fitness and promotes an active, healthy lifestyle. They will understand what makes a performance effective and how to apply these principles to their own and others’ work. Scholars 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. Scholars will be taught to: * use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
* develop their technique and improve their performance in other competitive sports
* perform dances using advanced dance techniques within a range of dance styles and forms
* take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
* analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
* take part in competitive sports and activities outside school through community links or sports clubs. (<https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf>)
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| **Curriculum aims** | * Scholars to successfully demonstrate and understand the importance of basic and advanced skills, tactics and fitness can have on sporting performance. **(STF)**
* Successful demonstrations of effective decision-making techniques in isolated practices and competitive situations. **(DM)**
* Be able to effectively evaluate through self-reflection but also peer assessment in order to improve skills, techniques and tactics of themselves and others. **(EI)**
* Understand the benefits of a healthy active lifestyle and how this can be achieved through a specific sport. **(HAL)**
* Demonstrate leadership skills in a variety of situations including preparation for an activity, isolation activities and competitive situations. **(L)**
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| **Assessment** | Trust-wide assessment points for this curriculum & formative assessment suggestions. Please refer to individual Sport Scheme of work for in depth formative and summative assessment information.  |

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|  | **Autumn 1** | **Spring 1** | **Summer 1** |
| **Year 7 - Stabilise and Repair Skills in Sport** | * Fundamentals of PE
* Badminton
* Gymnastics/Trampolining
* Fitness testing
 | * Invasion
* Dance
* Handball
* Volleyball
 | * Athletics
* Cricket
* Fitness testing
* Rounders
 |
| **Year 8 - Repair and improve different skills in Sport** | * Badminton
* Training Methods
* Gymnastics/Trampolining
* Fitness testing
 | * Dance
* Handball
* Training Methods
* Volleyball
 | * Handball
* Fitness testing
* Volleyball
* Athletics
* Cricket
* Rounders
 |
| **Year 9 - Improve and Sustain skills in Sport** | * Badminton
* Handball
* Dance
* Gymnastics/Trampolining
* Fitness testing
 | * Invasion (Net/Foot)
* Training Methods
 | * Striking & Fielding
* Fitness testing
* Athletics
 |
| **Year 10 BTEC Sport Qualification** | **Component 1 – Preparing participants to take part in Sport and Physical Activity**Learning outcomes * A - Explore types and provision of sport and physical activity for different types of participants
* B - Examine equipment and technology required for participants to use when taking part in sport and physical activity
* C - Be able to prepare participants to take part in sport and physical activity.
 | **Component 1 – Preparing participants to take part in Sport and Physical Activity**PSA – Controlled Assessment**Component 2 – Taking part and improving other participants sporting performance**Introduction of content | **Component 2 – Taking part and improving other participants sporting performance**Learning outcomes * A - Understand how different components of fitness are used in different physical activities
* B - Be able to participate in sport and understand the roles and responsibilities of officials
* C - Demonstrate ways to improve participants sporting techniques.
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| **Year 10 BTEC Health and Social Care Qualification** | **Component 1 – Human Lifespan Development**Learning outcomes * A – Understand human growth and development across life stages and the factors that affect it.
* B – Understand how individuals deal with life events.
 | **Component 1 – Human Lifespan Development**PSA – Controlled Assessment**Component 2 – Health and Social Care Services and Values**Introduction of content | **Component 2 – Health and Social Care Services and Values**Learning outcomes * A – Understand the different types of health and social care services and barriers to accessing them.
* B – Understand the skills, attributes and values required to give care.
 |
| **Year 10 Enrichment - Leadership and Officiating** | * Badminton
* Invasion
* Table Tennis
* Fitness testing
* Trampolining
 | * Handball
* Training Methods
* Invasion
* Volleyball
 | * Striking & Fielding
* Fitness testing
* Athletics
 |
| **Year 11 BTEC Sport Qualification** | **Component 2 – Taking part and improving other participants sporting performance**Learning outcomes * A - Understand how different components of fitness are used in different physical activities
* B - Be able to participate in sport and understand the roles and responsibilities of officials
* C - Demonstrate ways to improve participants sporting techniques.
 | **Component 3 – Developing fitness to improve other participant’s performance in sport and physical activity**Learning outcomes * A – Explore the importance of fitness for Sports Performance
* B – Investigate fitness testing to determine fitness levels
* C – Investigate different fitness training methods
* D – Investigate fitness programming to improve fitness and sports performance
 |
| **Year 11 BTEC Health and Social Care Qualification**  | **Component 2 – Health and Social Care Services and Values**Learning outcomes * A – Understand the different types of health and social care services and barriers to accessing them.
* B – Understand the skills, attributes and values required to give care.
 | **Component 3 – Health and Wellbeing**Learning outcomes * A – Factors that affect health and wellbeing
* B – Interpreting health indicators
* C – Person centred approaches to improving health and wellbeing
 |
| **Year 11 Enrichment - Leadership and Officiating** | * Badminton
* Invasion
* Trampolining
* Fitness testing
 | * Invasion Indoor
* Invasion Outdoor
* Alternate Sports
* Healthy Active Lifestyle
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