Module 1	Module 2	Module 3
Learning Intent for this module:	Learning Intent for this module:	Learning Intent for this module:
Originality – Demonstrating expression and	Originality – Demonstrating expression and	Originality – Demonstrating expression and
creativity during sport and physical activity to	creativity during sport and physical activity to	creativity during sport and physical activity to
achieve a personal best.	achieve a personal best.	achieve a personal best.
Students tackle more complex and demanding	Students tackle more complex and demanding	Students tackle more complex and demanding
physical activities. A wide range of activities are	physical activities. A wide range of activities are	physical activities. A wide range of activities are
available, and students choose a pathway that	available, and students choose a pathway that	available, and students choose a pathway that
enables them to be involved in a range of	enables them to be involved in a range of	enables them to be involved in a range of sports
activities that develops personal fitness and	activities that develops personal fitness and	that develops the opportunity to achieve
promotes an active, healthy lifestyle. Students	promotes an active, healthy lifestyle. Students	personal bests and promotes an active, healthy
are inspired to work hard to improve their	are inspired to work hard to improve their	lifestyle. Students are inspired to work hard to
performance in competitive sports, in the pursuit	performance in aesthetic activities, in the pursuit	improve their performance in competitive games
of excellence to achieve their personal	of excellence to achieve their personal	and athletics activities, in the pursuit of
best. Students develop their techniques to make	best. Students develop their techniques to make	excellence. Students develop their techniques to
them more original and creative within	them more original and creative within aesthetic	make them more original and creative within
competitive games. They develop competence	activities. They develop competence and	athletic activities and striking and fielding games.
and knowledge to enable them to excel as a	knowledge to enable them to excel as a leader	They are given opportunities to build on specific
leader and are given opportunities to build on	and are given opportunities to build on physical	techniques learned in key stage 3 and they
physical fitness development and techniques	fitness development and techniques learned in	develop competence and knowledge to enable
learned in key stage 3. Opportunities to	key stage 3. Opportunities to participate in extra-	them to excel as a leader. Opportunities to
participate in extra-curricular activities and	curricular activities and school sport enable our	participate in extra-curricular activities and
school sport enable our students to continue	students to continue their physical activity	school sport enable our students to continue
their physical activity journey outside of school	journey outside of school so that they continue	their physical activity journey outside of school
so that they continue to participate throughout	to participate throughout their lives.	so that they continue to participate throughout
their lives.		their lives.
Key Content to be learned:	Key Content to be learned:	Key Content to be learned:
PATHWAYS	PATHWAYS	PATHWAYS
Competitive games	Aesthetic Activities	Competitive Games

Fitness for life	Fitness for life	Achieving a personal best
Leadership	Leadership	Leadership
Develop and demonstrate originality in a range of team invasion games and individual net/wall games in competitive situations. Implement rules and regulations of different activities and apply them within different	Develop and demonstrate originality in a range of aesthetic activities in competitive situations. Implement rules and regulations of different activities and apply them within different contexts.	Develop and demonstrate originality in a range of athletic skills, striking and fielding and individual net/wall games in competitive situations. Implement rules and regulations of different
contexts.	contexts.	activities and apply them within different
Develop and apply advanced tactics and	Develop and apply advanced choreographic skills and complex techniques and improve	contexts.
strategies to overcome opponents in direct competition through team and individual games.	performance in aesthetic activities. Extend knowledge of fitness components,	Develop and apply advanced tactics and strategies to overcome opponents in direct competition through team and individual games.
Extend knowledge of fitness components, training methods by participating in and leading group exercise.	training methods by participating in and leading group exercise. Develop as a confident, healthy leader through	Develop as a confident, healthy leader through sport and physical activity. Demonstrate important life skills such as effective
Develop as a confident, healthy leader through sport and physical activity. Demonstrate important life skills such as effective communication and organisation whilst learning to basic physical activities to younger people and their peers.	sport and physical activity. Demonstrate important life skills such as effective communication and organisation whilst learning to lead physical activities to younger people and their peers.	communication and organisation whilst learning to lead physical activities to younger people and their peers.
Key Tasks for this module:	Key Tasks for this module:	Key Tasks for this module:
 Practical Performance Assessment: Students demonstrating a consistent level of originality in a wide range of 	 Practical Performance Assessment: Students demonstrating a consistent level of originality in a wide range of 	 Practical Performance Assessment: Students demonstrating a consistent level of originality in a wide range of

skills required for successful	skills required for successful	skills required for successful
performance in team and individual	performance in aesthetic activities or	performance in athletic activities, striking
games or group exercise.	group exercise.	and fielding and individual games.
 Application of Leadership skills: Delivery of a skill or conditioned practice followed by an evaluation to improve performance. 	 Application of Leadership skills: Delivery of a skill or conditioned practice followed by an evaluation to improve performance. 	 Application of Leadership skills: Delivery of a skill or conditioned practice followed by an evaluation to improve performance.