

Module 1	Module 2	Module 3
<p>Learning Intent for this module:</p> <p>Control: ‘Understand the components of skills and be able to perform the techniques effectively.’</p> <p>Students build on and embed the fundamental skills learned in Primary school. They develop control across a broad range of team invasion games, individual net/wall games and health-related fitness. Students will be physically active for sustained periods of time and engage in competitive sports and activities. They are taught the importance of leading healthy, active lives and should develop the confidence and interest to participate in exercise and compete in sports and activities within the extra-curricular programme and outside of school.</p>	<p>Learning Intent for this module:</p> <p>Control: ‘Understand the components of skills and be able to perform the techniques effectively.’</p> <p>Students continue to build on fundamental skills learned in Primary school by developing control across a broad range of aesthetic activities and team invasion games. Students will be physically active for sustained periods of time and engage in competitive sports and activities. Through aesthetic activities and team games students are taught the importance of leading healthy, active lives and continue to develop the confidence and interest to participate in exercise and compete in sports and activities within the extra-curricular programme and outside of school.</p>	<p>Learning Intent for this module:</p> <p>Control: ‘Understand the components of skills and be able to perform the techniques effectively.’</p> <p>Students continue to build on fundamental skills learned in Primary school by developing control across a broad range of team striking and fielding games, individual net/wall games and athletic activities. Students will be physically active for sustained periods of time and engage in competitive sports and activities. Through striking and fielding games and athletics activities students are taught the importance of leading healthy, active lives and continue to develop the confidence and interest to participate in exercise and compete in sports and activities within the extra-curricular programme and outside of school.</p>
<p>Key Content to be learned:</p> <p>Develop knowledge and control of core skills and techniques in team and individual games in isolated and conditioned practices.</p> <p>Develop knowledge and understanding of the rules of different activities and apply them within different contexts.</p>	<p>Key Content to be learned:</p> <p>Develop knowledge and control of core skills and techniques in aesthetics activities and team invasion games in isolated and conditioned practices.</p> <p>Develop knowledge and understanding of the rules of different activities and apply them within different contexts.</p>	<p>Key Content to be learned:</p> <p>Develop knowledge and control of core skills and techniques in athletics activities, striking and fielding games and individual games in isolated and conditioned practices.</p> <p>Develop knowledge and understanding of the rules of different activities and apply them within different contexts.</p>

<p>Develop basic tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Lead a group warm up to improve own or others performance.</p>	<p>Develop basic tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Develop techniques and improve performance in aesthetic activities.</p>	<p>Develop basic tactics and strategies to overcome opponents in direct competition through striking and fielding and individual games.</p> <p>Develop techniques and improve performance in athletic activities.</p>
<p>Key Tasks for this module:</p> <p>Practical Performance Assessment: Students demonstrating a consistent level of control in a wide range of skills required for successful performance in team and individual games.</p> <p>Knowledge and Understanding Assessment: Application of the rules and the correct selection of strategies and tactics within the practical context.</p> <p>Application of Leadership skills: Delivery of the different components of a warm-up to prepare participants to take part in physical activity.</p>	<p>Key Tasks for this module:</p> <p>Practical Performance Assessment: Students demonstrating a consistent level of control in a wide range of skills required for successful performance in aesthetic activities and team games.</p> <p>Knowledge and Understanding Assessment: Application of choreographic skills, rules and the correct selection of strategies and tactics in the practical context.</p> <p>Analysis and Evaluation: Evaluate performance and give recommendations to improve.</p>	<p>Key Tasks for this module:</p> <p>Practical Performance Assessment: Students demonstrating a consistent level of control in a wide range of skills required for successful performance in athletic activities, striking and fielding and individual games.</p> <p>Knowledge and Understanding Assessment: Application of the rules and the correct selection of strategies and tactics within the practical context.</p> <p>Analysis and Evaluation: Evaluate performance and give recommendations to improve.</p>