

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

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

PE & Sport Y10

Delivery of a warm-up, skill conditioned practices, Primary festival.	Delivery of a warm-up, skill conditioned practices, Primary festival.	Delivery of a warm-up, skill conditioned practices, Primary festival.
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