

Module 1	Module 2	Module 3
<p>Learning Intent for this module:</p> <p>Fluency: ‘Linking skills and movements together to gain a competitive advantage within a sporting situation.’</p> <p>Students build on and embed the core skills that they have learned in Y7 and Y8. They develop their techniques to make them more fluent across a range of team games, individual games and health-related fitness. Students will be physically active for sustained periods of time. They develop knowledge of the different training methods for the components of fitness that can be applied to different team games and the importance of leading healthy, active lives. Students’ motivation and opportunities to engage in competitive sports and activities to enable participation in extra-curricular or community-based sport continues to be developed.</p>	<p>Learning Intent for this module:</p> <p>Fluency: ‘Linking skills and movements together to gain a competitive advantage within a sporting situation.’</p> <p>Students continue to build on and embed the core skills that they have learned in Y7 and Y8 by developing fluency across a broad range of aesthetic activities and team games. Students will be physically active for sustained periods of time. They develop knowledge of how to plan drills and conditioned practices to develop participants’ sporting skills. Students’ motivation and opportunities to engage in competitive sports and activities to enable participation in extra-curricular or community-based sport continues to be developed to enable students to lead healthy active lives.</p>	<p>Learning Intent for this module:</p> <p>Fluency: ‘Linking skills and movements together to gain a competitive advantage within a sporting situation.’</p> <p>Students continue to build on and embed the core skills that they have learned in Y7 and Y8 by developing fluency across team striking and fielding games activities, individual net/wall games and athletic activities. Students will be physically active for sustained periods of time. They develop knowledge of the training methods required for different athletics activities and the importance of leading healthy, active lives. Students’ motivation and opportunities to engage in competitive sports and activities to enable participation in extra-curricular or community-based sport continues to be developed.</p>
<p>Key Content to be learned:</p> <p>Develop knowledge and fluency in a wide range of team games in isolated practices and competitive situations.</p> <p>Develop knowledge and understanding of the role of the official in implementing rules and regulations of different activities and apply them within different contexts.</p>	<p>Key Content to be learned:</p> <p>Develop knowledge and fluency in a wide range of techniques in aesthetic activities and team invasion games and be able to lead isolated practices.</p> <p>Develop knowledge and understanding of the role of the official in implementing rules and</p>	<p>Key Content to be learned:</p> <p>Develop knowledge and fluency in a wide range of athletics activities, team and individual games and competitive situations.</p> <p>Develop knowledge and understanding of the role of the official in implementing 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>Develop knowledge of the specific training methods linked to fitness components and the requirements for different physical activities and competitive sports.</p>	<p>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 games.</p> <p>Demonstrate ways to improve participants sporting technique as a result of planning drills and conditioned practices to improve technique and performance.</p> <p>Develop more complex techniques and improve performance in aesthetic activities.</p>	<p>Develop and apply advanced tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Develop knowledge of the specific training methods linked to fitness components and the requirements for different physical activities and competitive sports.</p> <p>Develop more complex techniques and improve performance in athletic activities.</p>
<p>Assessment for this module:</p> <p>Students demonstrating a consistent level of fluency in a wide range of skills required for successful performance in team and individual games. Selection and application of the correct skill with fluency. Demonstration of high levels of fitness to perform effectively.</p> <p>Application of the rules and regulations within the role of a performer and official. Explanation of the main teaching points of the skills, techniques and tactics. Analysis and evaluation of performance, justifying recommendations to improve.</p> <p>Execute fitness training methods and correct identification of the components of physical and skill-related fitness. Demonstration of fitness levels to perform effectively.</p>	<p>Assessment for this module:</p> <p>Students demonstrating a consistent level of fluency in a wide range of skills required for successful performance in aesthetic activities and team games. Selection and application of the correct skill with fluency. Demonstration of high levels of fitness to perform effectively.</p> <p>Application of choreographic skills, rules and regulations and the correct selection of strategies and tactics in the practical context. Analysis and evaluation of performance, justifying recommendations to improve.</p> <p>Delivery of a skill or conditioned practice followed by an evaluation to improve performance. Demonstration of motivation, commitment and a positive attitude.</p>	<p>Assessment for this module:</p> <p>Students demonstrating a consistent level of fluency in a wide range of skills required for successful performance in athletic activities, teams and individual games. Selection and application of the correct skill with fluency. Demonstration of high levels of fitness to perform effectively.</p> <p>Application of the rules and regulations within the role of a performer and official. Explanation of the main teaching points of the skills, techniques and tactics. Analysis and evaluation of performance, justifying recommendations to improve.</p> <p>Demonstrate high levels of motivation and commitment, a positive attitude and communicate effectively.</p>

