

Curriculum Intent

	What?	Why?
Term 1-1	<p><u>Knowledge</u> Energy use and diet</p> <p><u>Skills</u> Pupils extend their ability to read the game/anticipation/coaching</p>	<p>Knowledge is taught based on the cross curricular learning but specifically to support pupils understanding of the exercise habits, lifestyle choices and how physical activity impacts upon it. This recaps and builds on the knowledge of Y7,8,9 and 10.</p> <p>Skills maybe taught out of sequence dependent on activity mapping but all will be applied throughout the year of study with the following outcomes:</p> <ul style="list-style-type: none"> <li>• Improve reading of the changing game environment.</li> <li>• Embed a range of skills that allow for continued participation in sport and physical activity beyond key stage 4.</li> </ul> <p>Skills are recapped and built on from those acquired in Y7, 8,9 and 10.</p>
Term 1-2	<p><u>Knowledge</u> Physical, emotional and social well-being</p> <p><u>Skills</u> Plan and implement team strategies, taking in to account of strengths, weaknesses and game situations</p>	
Term 2-1	<p><u>Knowledge</u> Sedentary lifestyles and impacts of performance and participation</p> <p><u>Skills</u> Pupils prioritise areas for improvement based on the environmental conditions</p>	
Term 2-2	<p><u>Knowledge</u> Understanding of the importance of physical activity/exercise and sport in maintaining general well-being</p> <p><u>Skills</u> Engage in games, exercise and competitions in a proactive manner that reflects their own experiences, ability and willingness to progress physically, mentally and socially</p>	
Term 3-1	GCSE exams	
Term 3-2		