



Curriculum Intent

	What?	Why?
Term 1-1	<p><u>Knowledge</u> Calculating intensities and training zones to optimise training effectiveness</p> <p><u>Skills</u> Advanced shots/smash/lob/net play</p>	<p>Knowledge is taught based on the cross curricular learning but specifically to support pupils understanding of the impact of exercise on health and well-being, barriers to participation and performance and how physical activity impacts upon it. This recaps and builds on the knowledge of Y7 and 8.</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"> • Apply majority of advanced skills in a game. • Advanced techniques. • Defend when outnumbered. • Identify problems and offer improvements. <p>Skills are recapped and built on from those acquired in Y7 and 8.</p>
Term 1-2	<p><u>Knowledge</u> Anaerobic and aerobic exercise</p> <p><u>Skills</u> Developing self-assessment/key points/analysis/feedback to improve self/peer performance</p>	
Term 2-1	<p><u>Knowledge</u> Somatotypes</p> <p><u>Skills</u> Playing to an opponent’s weaknesses/defending & attacking when outnumbered/applying spin</p>	
Term 2-2	<p><u>Knowledge</u> Socio-cultural groups and barriers to participation</p> <p><u>Skills</u> Developing communication/teamwork/decision making/problem solving</p>	
Term 3-1	<p><u>Knowledge</u> Linking participation in physical activity, exercise and sport to health, well-being and fitness</p> <p><u>Skills</u> Outwitting an opponent through skill selection</p>	
Term 3-2	<p><u>Knowledge</u> Understanding of how working at required training zones impacts on health, well-being and fitness</p> <p><u>Skills</u> Apply techniques in competitive environments and identify key improvements</p>	