



Non-examined Year 10 and 11 Curriculum Map

Aims and Rationale:

- For students to gain experiences in a variety of activities and sports which will enable them to find activities that they enjoy taking part in.
- To work independently and in varied groups to develop their confidence, communication and team work skills in a non-pressured/assessed environment
- To develop their fitness and body confidence
- To enable them to make decisions about life long physical activities through a purely recreational and fitness based programme of activities that aims to develop future good habits in physical activity.

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| Prior Learning: | The development of physical skills and fitness, as well as tactical, choreographic and evaluation skills through a range of physical activities and sports in KS3 The understanding of rules and tactics of these activities |
| Skills: What will students be able to do | Basic skills (and knowledge of the rules and tactics) of new activities such as cricket, handball, volleyball, etc. Develop fitness components Leadership – leading warm ups, team captain, scoring, coordinating tournaments |
| Other: Literacy/ Numeracy/ Ethos | Key terms of skills and rules in a range of activities Keeping score, completing tournament grids, tracking time, distance and/or repetitions in fitness based activities Sportsmanship – including respect, maintaining effort, fairness/upholding the rules of the game |
| Assessment | No assessment - Students are given an effort grade each term, and complete an evaluation task |
| Additional support | Students are invited to take part in all of our extra-curricular programme, as well as a specific non-examined fitness based club |

Year 10 (Five lessons of each activity)

| Autumn Term | | | | | Spring Term | | | | | Summer Term | | |
|-------------|---------|------------|------------|----------------------------|-------------|---------|--------------|--------------|----------------------|-------------|------------|----------|
| Handball | Cricket | Fit to Run | Basketball | Fitness suite and circuits | Badminton | Netball | Fit to music | Trampolining | Bench ball/dodgeball | Tennis | Volleyball | Rounders |

Year 11 (Five lessons of each activity)

| Autumn Term | | | | Spring Term | | | | Summer Term | |
|----------------------------|--------------|----------|----------------------|-------------|-------------------|-----------|---|-------------|--|
| Fitness suite and circuits | Trampolining | Handball | Bench ball/dodgeball | Netball | Fit to music/Yoga | Badminton | Choice (Volleyball, basketball, rounders) | Exams | |