

Students will be given more autonomy over their learning and activities will be based around student voice where appropriate. Lessons will focus on positive health and well-being as well as developing their life skills.

Title	Curriculum content	Assessment
<b>Invasion</b>	<p><b>Life Skill – This is Me: Communication</b></p> <p><b>Physical Me:</b></p> <ul style="list-style-type: none"> <li>Recap fundamental rules</li> <li>Use of space and court</li> <li>Attacking principles</li> <li>Defending principles</li> <li>Tactics</li> <li>Outwitting opponents in a competitive situation</li> <li>Leadership skills</li> </ul>	<ul style="list-style-type: none"> <li>Teacher observation</li> <li>Peer evaluation</li> <li>Peer feedback</li> <li>Teacher feedback</li> <li>Application of skills, tactical play, knowledge of rule and regulations in competitive games</li> </ul>
<b>Badminton</b>	<p><b>Life Skill – This is Me: Responsibility</b></p> <p><b>Physical Me:</b></p> <ul style="list-style-type: none"> <li>Serving</li> <li>Overhead clear</li> <li>Drop shot</li> <li>Smash</li> <li>Tactical play</li> <li>Application of skills techniques, rules and regulations in competitive single and doubles games</li> <li>Leadership skills</li> </ul>	<ul style="list-style-type: none"> <li>Teacher observation</li> <li>Peer evaluation</li> <li>Peer feedback</li> <li>Teacher feedback</li> <li>Application of skills, tactical play, knowledge of rule and regulations in competitive games</li> </ul>
<b>Fitness</b>	<p><b>Life Skill – This is Me: Self-discipline</b></p> <p><b>Physical Me:</b></p> <ul style="list-style-type: none"> <li>Increasing health and well-being/confidence to use the gym</li> <li>Fitness testing and interpreting results</li> <li>Training methods</li> <li>Continuous training</li> <li>Fartlek training</li> <li>Interval training</li> <li>Circuit training</li> <li>Resistance training</li> <li>Leadership skills</li> </ul>	<ul style="list-style-type: none"> <li>Teacher observation</li> <li>Peer evaluation</li> <li>Peer feedback</li> <li>Teacher feedback</li> <li>Application of knowledge of components of fitness, techniques and skills in various types of fitness sessions</li> </ul>

<b>Rounders</b>	<p><i>Life Skill – This is Me: Decision Making</i></p> <p><i>Physical Me:</i></p> <p>Throwing, Catching and Fielding</p> <p>Bowling development</p> <p>Batting development</p> <p>Fielding roles / Outwitting opponents</p> <p>Evaluation of tactics</p> <p>Outwitting opponents within competitive games</p> <p>Leadership skills</p>	<p>Teacher observation</p> <p>Peer evaluation</p> <p>Peer feedback</p> <p>Teacher feedback</p> <p>Application of skills, tactical play, knowledge of rule and regulations in competitive games</p>
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