

Skills

Year 11 "Becoming KSS Ready"

- Apply core and advanced techniques across a range of competitive sports and physical activities.
- To use a wider range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- To evaluate their own and other performances and compare these to previous ones to achieve their personal best.
- To understand the importance of a healthy and active lifestyle and take ownership over their participation in physical activity including activities outside of school including the use of sport to improve mental wellbeing.

Year 10 "Developing into Independent Learners"

- Apply core and refine advanced techniques across a range of competitive sports and physical activities.
- To develop a wider range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- To evaluate their own and other performances and compare these two previous ones to achieve their personal best.
- Encouraging participation in curricular and extracurricular activity and to be physically active for a prolonged period. Further links to sport as tool to support mental wellbeing through yoga (Girls only).

Year 9 "Developing Skills to Enhance Learning"

- Apply core and develop advanced techniques across a range of competitive sports and physical activities.
- To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- To develop analytical skills to be able to reflect on their own and other performances and compare these to previous ones to achieve their personal best.
- Encouraging participation in curricular and extracurricular activity and to be physically active for a prolonged period. Introduction to sport as tool to support mental wellbeing through yoga (Girls only).

Year 8 "Taking Responsibility for Learning"

- Developing consistency and fluency of core techniques across a range of competitive sports and physical activities.
- To begin to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- To develop analytical skills to be able to reflect on their own and other performances and use this to improve future performance in the activity.
- To take part in outdoor and adventurous activities which present intellectual and physical challenged building teamwork and trust through problem solving as individuals and in teams.
- Encouraging participation in curricular and extracurricular activity and to be physically active for a prolonged period of time.

Year 7 "Transition to High School"

- To develop fundamental core techniques across a range of competitive sports and physical activities.
- To develop analytical skills to be able to reflect on their own and other performances.
- To take part in outdoor and adventurous activities which present intellectual and physical challenged building teamwork and trust through problem solving as individuals and in teams.
- Encouraging participation in curricular and extracurricular activity
- Pupils to be physically active for a prolonged period of time

Knowledge

Future Education, Employment & Training

KS5 Study

