

Subject content (What will be covered)	As a result, what students should know /understood	What students should be able to do (application/skills developed)	How students will be assessed	By when (Half term 1 > 6)
<u>Outwitting Opponents</u>	Success is based on overcoming opponent(s) in face to face competition (can directly affect each other's performance)	outwit opponents in a direct competition, affecting others' performance through activities such as: invasion, net/wall, striking/fielding and combat games	Ongoing assessments carried out by the end of a sports activity unit. Assessments are related to sports activity criteria and tied in to GCSE PE / NC levels	Relates to PoS schedule
<u>Accurate Replication</u>	Success is judged on ability to repeat actions, phrases and movement sequences as perfectly as possible	accurately replicate actions, phrases and sequences, in activities such as: synchro swimming, gymnastics, trampolining.		Relates to PoS schedule
<u>Exploring + Communicating ideas</u>	Success is considered in relation to how well a performer expresses ideas, feelings, concepts, emotions to an audience	explore and communicate ideas, concepts and emotions to show artistic intentions to an audience eg through dance (different styles), team games, problem solving		Relates to PoS schedule
<u>Performing at Maximum levels</u>	Success is measured by personal best scores or times (in direct comparison with others' scores or times)	perform at maximum levels in terms of personal best performances and in direct comparison with others' performances eg athletic competition, fitness tests		Relates to PoS schedule
<u>Identifying and Solving Problems</u>	Success is judged on how efficiently and safely challenges are overcome	identify and solve problems efficiently and safely eg orienteering, personal survival, life saving		Relates to PoS schedule
<u>Exercising Safely and Effectively</u>	Success is related to improved feelings of health, fitness and well-being	exercise safely and effectively , through a variety of training types (eg continuous, interval, fartlek, circuit, weight and cross training)		Relates to PoS schedule