



# NT CURRICULUM

IT'S YOUR STORY TO TELL

## Curriculum Chronicle

### NTSport and Dance

**What does it mean to be a NTSport and Dance scholar at Tretherras?** Our academic curricular in Physical Education prioritises the acquirement, development and application of the knowledge, skills and understanding to take part in a wide range of physical activities effectively. It requires students to acknowledge and demonstrate the importance of leading a healthy, active lifestyle and the benefits this can bring and provides them with choice in doing so. It helps them to develop an awareness of key personal characteristics that can be developed through participation in recreational and competitive physical activity which can support them in all aspects of their wider lives.

	Curriculum Narrative (Core Purpose)	Curriculum Chapters					
		Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
YEAR 7	Year 7 is about engagement and enjoyment in sport and physical activity; it's about providing all students with a wide range of opportunities and experiences where they develop the core skills, knowledge and understanding to take part effectively and analyse and improve their own and others work. It's about building on student's experiences from KS2. Students will also be asked to begin to consider the importance of physical activity in leading a healthy, active lifestyle and be supported in ways in which they can do this. Students will begin to develop their understand of how to prepare and recover from physical activity.	<b>Key Objectives; develop knowledge and skills in a range of activities; apply basic rules, tactics and strategies; prepare for and recover from physical activity effectively; All students will be taught in half termly 'blocks' through the following activities;</b> <ul style="list-style-type: none"> <li>Dance</li> <li>Badminton</li> <li>Gymnastics</li> <li>Orienteering</li> <li>Rugby or Tag Rugby</li> <li>Netball or Basketball</li> <li>Football</li> <li>Hockey</li> <li>Multi-skills (baseline assessment)</li> </ul>				<b>Key Objective; develop knowledge and skills in a range of activities; apply basic rules, tactics and strategies; prepare for and recover from physical activity effectively; All students will be taught in half termly 'blocks' through the following activities;</b> <ul style="list-style-type: none"> <li>Athletics</li> <li>Tennis</li> <li>Cricket</li> <li>Rounders or Softball</li> </ul>	
	Assessment	Application of knowledge, skills and understanding in each of the activities above – the grade reported is an average of the best 2. Students are also assessed in their attitude and approach to learning across all facets of the subject					
YEAR 8	Year 8 is about continuing to engage and enjoy sport and physical activity; it's about providing all students with a wide range of opportunities and experiences where they develop the core skills, knowledge and understanding to take part effectively and analyse and improve their own and others work. Students will also be asked to continue to consider the importance of physical activity in leading a healthy, active lifestyle and be supported in ways in which they can do this. They will learn about short & long term effects of exercise and the components of fitness. Students will also be encouraged to complete the NT Active Passport	<b>Key Objectives; develop knowledge and skills in and across a range of activities; apply more complex rules, strategies and tactics; identify the benefits of physical activity on aspects of health; All students will be taught in half termly 'blocks' through the following activities;</b> <ul style="list-style-type: none"> <li>Dance</li> <li>Badminton</li> <li>Gymnastics</li> <li>Orienteering</li> <li>Rugby or Tag Rugby</li> <li>Netball or Basketball</li> <li>Football</li> <li>Hockey</li> <li>HRE (Short &amp; Long term effects/ Components of fitness)</li> </ul>				<b>Key Objective; develop knowledge and skills in and across a range of activities; apply more complex rules, strategies and tactics; identify the benefits of physical activity on aspects of health; All students will be taught in half termly 'blocks' through the following activities;</b> <ul style="list-style-type: none"> <li>Athletics</li> <li>Tennis</li> <li>Cricket</li> <li>Rounders or Softball</li> </ul>	
		Application of knowledge, skills and understanding in each of the activities above – the grade reported is an average of the best 2. Students are also assessed in their attitude and approach to learning across all facets of the subject.					
YEAR 9	Year 9 is about building on student's knowledge, skills and understanding; introducing them to new activities and experiencing different roles such as leader/coach and official. Students will further explore and understand the benefits of leading a healthy, active lifestyle and will build upon their learning in year 8 and begin to look at different types of training.	<b>Key Objectives; build on and apply knowledge, skills and understanding across a range of different activities and roles within physical activity. Increase student's awareness of the benefits of, the bodies response to and the short and long term effects of physical activity. All students will be taught in half termly 'blocks' through the following activities;</b> <ul style="list-style-type: none"> <li>Games</li> <li>Volleyball</li> <li>Trampolining</li> <li>Handball</li> <li>Table Tennis</li> <li>HRE (types of training)</li> <li>Badminton</li> <li>Adapted Sports</li> </ul>				<b>Key Objective; build on and apply knowledge, skills and understanding across a range of different activities and roles within physical activity. All students will be taught in half termly 'blocks' through the following activities;</b> <ul style="list-style-type: none"> <li>Athletics</li> <li>Tennis</li> <li>Rounders or Softball</li> </ul>	
	Assessment	Application of knowledge, skills and understanding in each of the activities above – the grade reported is an average of the best 2. Students are also assessed in their attitude and approach to learning across all facets of the subject.					

<b>YEAR 10</b>	Year 10 is about further broadening student's experiences in physical activity through introducing new activities, offering choice and opportunities for participation in lifelong physical activity. Students will continue to take part in both competitive and recreational activities which develop their personal fitness, knowledge, skills and understanding. They will also learn about applying the principles of training and applying this to their own training programme.	<b>Key Objectives; further broaden student's experiences, skills, knowledge and understanding to encourage choice and promote opportunities for lifelong participation in physical activity; All students will be taught in half termly 'blocks' through the following activities:</b> <ul style="list-style-type: none"> <li>• Personal Training (Fitness) - Types and Principles of Training</li> <li>• Table Tennis</li> <li>• Invasion Games</li> <li>• Trampolining and Rackets</li> <li>• Dance Activities</li> </ul>	<b>Key Objective; further broaden student's experiences to encourage choice and promote opportunities for lifelong participation in physical activity; All students will be taught in half termly 'blocks' through the following activities;</b> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Tennis</li> <li>• Rounders or Softball</li> </ul>
<b>Assessment</b>	<b>Attitude and approach to Learning</b>		
<b>YEAR 11</b>	Year 11 is about further broadening student's experiences in physical activity through introducing new activities, offering choice and opportunities for participation in lifelong physical activity. Students will continue to take part in both competitive and recreational activities which develop their personal fitness, knowledge, skills and understanding. They will also learn about applying the principles of training and applying this to their own training programme.	<b>Key Objectives; further broaden student's experiences, skills, knowledge and understanding to encourage choice and promote opportunities for lifelong participation in physical activity. All students will be taught in half termly 'blocks' through the following activities:</b> <ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Dodgeball</li> <li>• Personal Training (Fitness) – 6-week Programme</li> <li>• Trampolining and Rackets</li> <li>• Table Tennis</li> </ul>	<b>Key Objective; further broaden student's experiences to encourage choice and promote opportunities for lifelong participation in physical activity.</b> <ul style="list-style-type: none"> <li>• Student Options</li> </ul>
<b>Assessment</b>	<b>Attitude and approach to Learning</b>		

In addition to the above core curriculum the PE and Dance curriculum also includes GCSE PE and the Level 2 Cambridge National in Sport Science (please see separate chronicle)

**Curriculum Intent - Achieve Highly, Engage Fully (bolded in blue), Communicate Effectively and Decide Wisely**

**Judicious** – the curriculum prioritises the development of student’s knowledge, skills and understanding through offering a wide range of experiences. The curriculum is reflective of the opportunities which exist within our community with many of the activities delivered having substantial school, club links. Thus, the curriculum has at its core, encouraging participation in lifelong physical activity for all students. The curriculum prioritises the development of the basic knowledge, skills and understanding which are required to take part effectively, which is then built upon and developed as the student moves through the programme of study. The benefits and importance of regular physical activity and key personal characteristics which support students in their wider lives are also an integral part of the curriculum.

**Well sequenced** – the curriculum begins by introducing and developing student’s knowledge, skills and understanding and building on key learning from KS2. This is then built upon throughout the programme of study by consolidating/interleaving previous learning and introducing students to new activities and knowledge. Students are able to make links with previous learning to further their understanding throughout the curriculum.

**Ambitious** – throughout their curriculum journey students are continuously challenged to apply new knowledge, skills and experiences. They are consistently asked to make links between their learning in different activities and the importance of leading an active lifestyle. Students are challenged to impart their knowledge into new activities and make choices about how to take part effectively. Students are exposed to a variety of different roles in a variety of contexts.

**Rich** – the variety of activities and experiences ensure the curriculum is rich for all students. Links are made with aspects of physical activity from different parts of the world for example through handball and dance. Significant opportunities exist for students to work with community partners for example with Academy Fitness and Newquay Indoor Bowling Club which supports student’s knowledge of the options available to them for continued involvement. The curriculum provides students with the knowledge and skills which will increase their awareness of the benefits of physical activity, offer them choice in continuing their participation and support them in other areas of their lives.