Health Related Fitness (5 weeks) Global context: Identities & relationships

Key concept: Communication Related concept: Function &

Communicating the importance of healthy living and the human impact on the **environment** can impact how the body systems **function** effectively.

ATLs assessed: Communication, self management, thinking

IB Learner: Thinkers, communicators

Assessments: Criteria C: Performances in baseline tests

Criteria D: Written self reflection on fitness

Language development: Define their language proficiency through the integration of sports-specific terminology

Investigate how relationships change the strategies to adapt in net games that reflect the space within the court / table?

Reflection: (plenaries peer to peer) Verbal—On going during lessons as plenaries and checkpoints. Self and peer reflections as directed by teacher Summative Criteria C

Mid Term: 16th Oct—18th Oct

Invasion Games (7 weeks)

Global context: Identities & Relationships

Key concept: Relationships Related concept: Space & Per-

Invasion games explore the dynamic interplay between individuals perspectives and their identities within the context of competitive spaces, illuminating how relationships evolve as players negotiate their roles and spaces to achieve strategic success.

ATLs assessed: Transfer thinking, Communication,

IB Learner: Communicators, Risk takers

Winter Holidays

11th Dec—2nd Jan

Reflection (plenaries peer to peer)

Summative Assessment Criteria A: Quiz Criteria C: Performance-Game Play scenarios

Language development:: develop their language skills by learning and using general sport and sport specific language

Assessment

Internal

19th Jan

**Subject Overview** 



Year Group: 7 Boys

Subject: PHE

Feb

12th

Term:

Mid

5 weeks

(Ramadan wb 11th Mar)

Athletics (5 weeks)

Global context: Fairness & Development

Key concept: Communication Related concept: adaption, energy

The relationship between our and how we adapt technique and movement performance can be influenced by our energy systems.

5 weeks

(1 week to Assessments)

ATLs assessed: Communication, self management, research

IB Learner: Reflective, Communicators, Knowledgeable

Reflection (plenaries peer to peer) and self or peer video Criteria D reflection on performance Criteria C performance in 3 events

Language development:: Introduction to athletic terminology related to various track and field events, such as sprinting, long jump, high jump, discus, shot put, hurdles, etc.

Striking and Fielding (5 weeks)

Global context: Fairness & Development

Key concept: Communication Related concept: adaption, energy

Communication between team members and adaptation of skills can affect interaction during the game (positively and negatively) and consequently the energy levels of play

ATLs assessed: Transfer thinking, Communication,

IB Learner: Communicators, Risk takers

Reflection (plenaries peer to peer)

Summative Assessment Criteria B: Planning a skill session

Criteria C: Performance-Game Play scenarios

Language development:: Introduction to striking and fielding terminology related to various aspects of the sport, such as batting, bowling, fielding positions, runs, overs, boundaries,

Net Games (2 weeks) (Ramadan)

ATLs assessed: Communication, creative thinking

B Learner: Knowledgeable, communicators, risk takers

Gymnastics (4 weeks)

6 Weeks

Global context: Personal and cultural expression

Key concept: Relationships Related concept: Choice, Move-

Creativity displays expression and relationships through choice of movements and enhances aesthetic performance ATLs assessed: Transfer thinking,

IB Learner: Communicators, Risk takers

Reflection (plenaries peer to peer) Summative Assessment Criteria B: Planning a routine session Criteria C: Performance 1st July

Summer Term: 15th April—

Language development:: Introduction to gymnastics terminology related to different apparatuses (e.g., vault, balance beam, uneven bars, floor exercise), moves (e.g., somersault, cartwheel,

Summer Assessment (Y7-13)

TBC

Swimming (6 weeks)

Global context: Identities & Relationships

Key concept: Change Related concept: Adaption & refine-

Refinement and change occurs when students identify strengths and areas for development through relationships with their peers, and they can adapt based on the feedback they receive.

ATLs assessed: Sport specific, Communication,

IB Learner: Communicators. Risk takers

Reflection (plenaries peer to peer) Summative Assessment Criteria B: Planning a training session Criteria C: Performance skills Criteria Self reflection video

Language development:: Swimming introduces students to specific aquatic terms, such as breaststroke, freestyle, butterfly,

> **Spring Holidays** 25th March—5th Apr **Eid Holiday** 9th Apr-15th Apr

Spring Term:2nd Jan—9th Feb

# Health Related Fitness (5 weeks)

Global context: Identities & relationships

Key concept: Communication Related concept: Function &

Communicating the importance of healthy living and the human impact on the **environment** can impact how the body systems **function** effectively.

ATLs assessed: Communication, self management, thinking

IB Learner: Thinkers, communicators

Assessments: Criteria C: Performances in baseline tests

Criteria D: Written self reflection on fitness

Language development: Define their language proficiency through the integration of sports-specific terminology

Invasion Games (starts)

# Mid Term: 16th Oct—18th Oct

Invasion Games (7 weeks)

Global context: Identities & Relationships

Key concept: Relationships Related concept: Space & Per-

ATLs assessed: Transfer thinking, Communication,

IB Learner: Communicators. Risk takers

Winter Holidays

11th Dec—2nd Jan

Reflection (plenaries peer to peer)

Summative Assessment Criteria A: Quiz Criteria C: Performance-Game Play scenarios

Language development:: develop their language skills by learning and using general sport and sport specific language

# **Subject Overview**



Year Group: 7 Girls

Subject: PHE

Feb

12th

Term:

Mid

# 5 weeks

# (1 week to Assessments)

### Athletics (5 weeks)

Assessment

Internal

19th Jan

Global context: Scientific and technical innovation

Key concept: Relationships Related concept: Movement & energy

The relationship between our and how we adapt technique and movement performance can be influenced by our energy systems.

ATLs assessed: Communication, self management, research

IB Learner: Reflective, Communicators, Knowledgeable

Reflection (plenaries peer to peer) and self or peer video Criteria D reflection on performance Criteria C performance in 3 events

Language development:: Introduction to athletic terminology related to various track and field events, such as sprinting, long jump, high jump, discus, shot put, hurdles, etc.

## 5 weeks

# (Ramadan wb 11th Mar)

### Striking and Fielding (5 weeks)

Global context: Fairness & Development

Key concept: Communication Related concept: adaption, energy

Communication between team members and adaptation of skills can affect interaction during the game (positively and negatively) and consequently the energy levels of play

ATLs assessed: Transfer thinking, Communication,

IB Learner: Communicators, Risk takers

Reflection (plenaries peer to peer)

Summative Assessment Criteria B: Planning a skill session

Criteria C: Performance-Game Play scenarios

Language development:: Introduction to striking and fielding terminology related to various aspects of the sport, such as batting, bowling, fielding positions, runs, overs, boundaries,

Net Games (2 weeks) (Ramadan)

Net Games (3 weeks)

Global context: Identities & Relationships

Key concept: Change Related concept: Choice, Movement

Investigating the interplay between change, strategic choices, and dynamic movement within net games

ATLs assessed: Critical thinking, Communication,

IB Learner: Knowledgeable, Communicators, Risk takers

Reflection: (plenaries peer to peer) Verbal—On going during lessons as plenaries and checkpoints. Self and peer reflections as directed by

Language development:: Introduction to net games terminology related to different aspects of the sport, including words like serve, volley, rally, smash, game point

# Summer Assessment (Y7-13)

Summer Term: 15th April—1st July

# TBC

Swimming (6 weeks)

Global context: Identities & Relationships

Key concept: Change Related concept: Adaption & refine-

Refinement and change occurs when students identify strengths and areas for development through relationships with their peers, and they can adapt based on the feedback they receive.

ATLs assessed: Sport specific, Communication,

IB Learner: Communicators. Risk takers

Reflection (plenaries peer to peer) Summative Assessment Criteria B: Planning a training session Criteria C: Performance skills Criteria Self reflection video

Language development:: Swimming introduces students to specific aquatic terms, such as breaststroke, freestyle, butterfly,

> **Spring Holidays** 25th March—5th Apr **Eid Holiday** 9th Apr—15th Apr

Spring Term:2nd Jan—9th Feb

**Autumn Term** 

Health Related Fitness (5 weeks) Global context: Identities & relationships IB Learner: Thinkers, communicators training methods the environment. Invasion Games (7 weeks) Global context: Identities & relationships ATLs assessed: Communication, Social

Winter Holidays 11th Dec—2nd Jan

Key concept: Change Related concept: Refinement & Choice

The ability of our bodies to function efficiently relies on our ability to identify the importance of a healthy diet and exercise, and make positive changes by adapting our diet and lifestyle.

ATLs assessed: Communication, self management, thinking

Language development: incorporating sports-specific terminology. These terms carry importance in the context of health-related fitness and teachers can draw connections to other units e.g. invasion games and athletics, particularly when discussing the

Summative Assessments: Criteria C: Performances in baseline tests Criteria D: Written self reflection on fitness

Global context: Scientific and technical innovation

Key concept: Relationships Related concept: Space, Environ-

How does movement choices relate to adapting to space and

# Mid Term: 16th Oct—18th Oct

Key concept: Change Related concept: Balance

Having a strong relationship with members of your team requires teammates to balance their strengths and weaknesses and develop communication with each other to execute tactical

IB Learner: Communicators, Risk takers, Reflective

Reflection (plenaries peer to peer) Summative Assessment Criteria A: Quiz Criteria C: Performance-Game Play scenarios

Language development; incorporating a range of language as they learn sports specific terms that link to invasion games

19th Jan Internal

Athletics (5 weeks)

Global context: Identities & relationships

Key concept: Change Related concept: Balance &development

The <u>relationship</u> with the use of technology can provide athletes with specific and immediate feedback that will aid the **development** and **refinement** of their performance. h ATLs assessed: Communication, Social

5 weeks

(1 week to Assessments)

Reflection (plenaries peer to peer) and self or peer video Criteria D reflection on performance Criteria C performance in across athletic events

Language development: Analyzing sports-related articles, event schedules, and athlete profiles to enhance reading comprehension

**Subject Overview** 



Year Group: 8 Boys

Subject: PHE

Feb

Mid

5 weeks

(Ramadan wb 11th Mar)

Striking and Fielding (5 weeks)

Global context: Identities & relationships

Key concept: Communication Related concept: Space, Systems

When communicated correctly athletes with appropriate space and timing, effective systems of play can contribute significantly to a team's success.

ATLs assessed: Communication, Thinking

IB Learner: Inquirers, Thinkers, Communicators, Summative Assessment Criteria B: Planning a skill session Criteria C: Performance— Game Play scenarios

Language development: Understanding and discussing the rules of these sports involves interpreting complex regulations, providing opportunities for players to practice reading comprehension and critical thinking.

Net Games (2 weeks) (Ramadan)

ATLs assessed: Communication, creative thinking

B Learner: Knowledgeable, communicators, risk takers

Language development: Understanding written instructions and rules for net games, including scoring rules, court dimensions, and safety guidelines.

Summative Assessment Criteria A: Quiz Criteria C: Performance—Game Play scenarios

Gymnastics (4 weeks)

Global context: Personal and cultural expression

Related concept:

Current events in society can adapt the <u>development</u> of interest in, and the popularity of, specific styles of dance and/ or movement patterns

ATLs assessed: Transfer thinking, Communication,

IB Learner: Communicators, Risk takers

Language development: Understanding and discussing safety protocols, proper spotting techniques, and injury prevention methods enhances their understanding of health and safety

Summer Assessment (Y7-13)

TBC

Swimming (6 weeks)

Global context: Scientific and technical innovation

Key concept: Change Related concept: Movement, systems

There are recognized techniques associated with personal survival that can preserve life in the high-

risk environment. Changing and developing our breathing systems can help modify our efficiency of our stroke and

ATLs assessed: Communication, creative thinking

IB Learner: Knowledgeable, communicators, risk takers

Reflection (plenaries peer to peer) Summative Assessment Criteria B: Planning a training session Criteria C: Performance skills Criteria Self reflection video

Language development: giving and receiving precise technical

**Spring Holidays** 25th March—5th Apr

Spring Term:2nd Jan—9th Feb

Key concept: Winter Holidays 11th Dec—2nd Jan

Health Related Fitness (5 weeks)

Global context: Identities & relationships

Key concept: Change Related concept: Refinement & Choice

The ability of our bodies to function efficiently relies on our ability to identify the importance of a healthy diet and exercise, and make positive changes by adapting our diet and lifestyle.

ATLs assessed: Communication, self management, thinking

IB Learner: Thinkers, communicators

Language development: incorporating sports-specific terminology. These terms carry importance in the context of health-related fitness and teachers can draw connections to other units e.g. invasion games and athletics, particularly when discussing the training methods

Summative Assessments: Criteria C: Performances in baseline tests Criteria D: Written self reflection on fitness

Global context: Personal and cultural expression

Current events in society can **adapt** the <u>development</u> of interest in, and the popularity of, specific styles of dance and/ or **movement** patterns

ATLs assessed: Transfer thinking, Communication,

IB Learner: Communicators, Risk takers

Language development:: Introduction to street dance terminology, including names of dance moves, styles (e.g., popping,

# Mid Term: 16th Oct—18th Oct

Invasion Games (7 weeks)

Global context: Identities & relationships

Key concept: Change Related concept: Balance

Having a strong relationship with members of your team requires teammates to balance their strengths and weaknesses and develop communication with each other to execute tactical

ATLs assessed: Communication, Social

IB Learner: Communicators, Risk takers. Reflective

Reflection (plenaries peer to peer) Summative Assessment Criteria A: Quiz Criteria C: Performance-Game Play scenarios

Language development: incorporating a range of language as

Assessment

Internal

19th Jan



**Subject Overview** 

Year Group: 8 Girls

Subject: PHE

Feb

Mid

5 weeks

(1 week to Assessments)

Athletics (5 weeks)

Global context: Identities & relationships

Key concept: Change Related concept: Balance &development

The <u>relationship</u> with the use of technology can provide athletes with specific and immediate feedback that will aid the **development** and **refinement** of their performance. h ATLs assessed: Communication, Social

Reflection (plenaries peer to peer) and self or peer video Criteria D reflection on performance Criteria C performance in across athletic events

Language development: Analyzing sports-related articles, event schedules, and athlete profiles to enhance reading comprehension

5 weeks

(Ramadan wb 11th Mar)

Striking and Fielding (5 weeks)

Global context: Identities & relationships

Key concept: Communication Related concept: Space, Systems

When communicated correctly athletes with appropriate space and timing, effective systems of play can contribute significantly to a team's success.

ATLs assessed: Communication, Thinking

IB Learner: Inquirers, Thinkers, Communicators, Summative Assessment Criteria B: Planning a skill session Criteria C: Performance— Game Play scenarios

Language development: Understanding and discussing the rules of these sports involves interpreting complex regulations, providing opportunities for players to practice reading comprehension and critical thinking.

Net Games (6 weeks) (Ramadan)

Global context: Scientific and technical innovation

Key concept: Relationships Related concept: Space, Environ-

How does movement choices relate to adapting to space and

ATLs assessed: Communication, creative thinking

IB Learner : Knowledgeable, communicators, risk takers

Language development: Understanding written instructions and rules for net games, including scoring rules, court dimensions, and safety guidelines.

Summative Assessment Criteria A: Quiz Criteria C: Performance-Game Play scenarios

Summer Assessment (Y7-13)

Summer Term: 15th April—1st July

TBC

Swimming (6 weeks)

Global context: Scientific and technical innovation

Key concept: Change Related concept: Movement, systems

There are recognized techniques associated with personal survival that can preserve life in the high-

risk environment. Changing and developing our breathing systems can help modify our efficiency of our stroke and

ATLs assessed: Communication, creative thinking

IB Learner: Knowledgeable, communicators, risk takers

Reflection (plenaries peer to peer) Summative Assessment Criteria B: Planning a training session Criteria C: Performance skills Criteria Self reflection video

Language development: giving and receiving precise technical

**Spring Holidays** 25th March—5th Apr

Spring Term:2nd Jan—9th Feb

Term:

Mid

Reflection (plenaries peer to peer)

Spring Term:2nd Jan—9th Feb

Reflection (plenaries peer to peer) and self or peer video Summative Assessment

Criteria D reflection on performance Criteria C performance in 3 events

Criteria B: Planning a skill session Criteria C: Performance—Game Play scenarios Spring Term:14th Feb—22nd Mar

Summer Term: 15th April—1st July

TBC

TBC

**Eid Holiday** 

### Subject Overview Health Related Fitness (5 weeks) Communicating the importance of healthy living and the human impact on Net Games (2 weeks) (Ramadan) the **environment** can impact how the body systems function effectively. **Gymnastics** (4 weeks) Reflection: Written self reflection on fitness Positive relationships with others and yourself Net Games (3 weeks) **Autumn Term** help to provide energy for creating expression through movement sequences. Investigate how relationships change the strategies to adapt in net games that reflect https://docs.google.com/document/ the **space** within the court / table? d/1Z1vGbjPqwVWcLCOaMlo0DKWQd919oyBg/edit? usp=drive link&ouid=109789242508464687590&rtpof=tru Reflection: (plenaries peer to peer) Verbal— On going during lessons as plenaries and Reflection (plenaries peer to peer) Summative checkpoints. Self and peer reflections as Assessment Criteria B: Planning a routine session directed by teacher Summative Criteria C Criteria C: Performance of routine Mid Term: 16th Oct—18th Oct Summer Assessment (Y7-13) Invasion Games (7 weeks) Year Group: 7 Girls The relationship between players in a team sport can directly impact a per-Subject: PHE Swimming (6 weeks) **spective** and effective use of **space** in game situations. Refinement and change occurs when **Autumn Term** students identify strengths and areas for Reflection (plenaries peer to peer) Summadevelopment through relationships with tive Assessment Criteria A: Quiz Criteria C: their peers, and they can **adapt** based on Performance—Game Play scenarios the feedback they receive. Reflection (plenaries peer to peer) Summative Assessment Criteria B: Planning a training session 5 weeks 5 weeks Criteria C: Performance skills Criteria Self reflection video (1 week to Assessments) (Ramadan wb 11th Mar) Athletics (5 weeks) Striking and Fielding (5 weeks) The relationship between our technique and performance Communication between team members and adaptation Internal Assessment can be influenced by our energy systems. of skills can affect interaction during the game (positively 9th—19th Jan **Spring Holidays** and negatively) and consequently the energy levels of 12th Feb play 25th March—5th Apr Winter Holidays Reflection (plenaries peer to peer) and self or peer video Criteria D reflection on performance Criteria C performance in 3 Reflection (plenaries peer to peer) 11th Dec—2nd Jan 9th Apr-15th Apr Term: **Summative Assessment** Criteria B: Planning a skill session

Spring Term:2nd Jan—9th Feb

Spring Term:14th Feb—22nd Mar

Criteria C: Performance—Game Play scenarios

# Global context: Identities and relationships Key concept: Change Related concept: Choice, Refinement SOI: Understanding body changes through the use of different components of fitness will allow me to choose an effective training plan and **refine** my chosen fitness component to a Autumn Term ATLs assessed: Self management, Thinking IB Learner: Thinkers Communicators: Assessments: Criteria C: Demonstrate ability to set up and use equipment correctly and safely for fitness testing and training programs Criteria A: Q & A factual and procedural aspects of fitness ongoing throughout unit Language development: Students will be introduced and taught specific fitness-related terminology such as "aerobic," "anaerobic," "cardiovascular," "muscular strength," "flexibility Mid Term: 16th Oct—18th Oct Invasion Games (7 weeks) Global context: Fairness & Development Key concept; time, place & space Related concept; Interaction, SOI: Applying time, place and space correctly within a team will result in effective **refinement** of player movement within a variety of games, leading to positive influences on individual and team interactions and performances. ATLs assessed: communication, Critical Thinking IB Learner: Thinkers, Communicators Assessments: Criteria A: Q & A Ongoing throughout unit Criteria C: Demonstrate your skills, tactics and strategies in a game play scenarios in two out of the three activities (football, Basketball or Language development: students will develop their communica-Winter Holidays 11th Dec—2nd Jan

# Subject Overview Health Related Fitness (5 weeks)



Year Group: 10 Boys

Subject:

Feb

13th

Feb

12th

Term:

5 weeks

(1 week to Assessments)

5 weeks

Global context: Orientation in space and time
Key concept: Communication Related concept: Movement, Space

IB Learner: Thinkers, Communicators, Reflective

SOI: Effective <u>communication</u> in rounders is essential for orchestrating seamless **move-**ment, optimizing spatial positioning, and fostering interactive teamwork among players.

strate your skills, tactics and strategies in a game play scenario

Language development: Tactics and strategies used in cricket, the evolution of baseball, or the importance of teamwork in softball or rounders

(Ramadan wb 11th Mar)

Assessment

19th Jan

Internal

Athletics (6 weeks)

Global context: Identities & Relationships
Key concept: Change Related concept: Refinement, Movement SOI: Analysis of movement pattern changes will refine technique and improve athletic performance and as a result, help identify personal strengths.

ATLs assessed: Social, Communication IB Learner: knowledgeable, Communicators, Reflective

Assessments: Criteria C: Demonstrate performance skills and techniques of 4

Criteria D: Students to reflect at the end of sessions on their performance in

Language development: Teach students to use precise and technical language when discussing athletic techniques and strategies, such as "stride length," "takeoff angle," "hand-off technique," or "technique errors.

Spring Term:2nd Jan—9th Feb

Spring Term:14th Feb—22nd Mar

Striking & Fielding (5 weeks)

ATLs assessed: Communication, thinking

Assessments: Criteria B: Plan a skill session for a small group of peers Criteria C: Demon-

**Spring Holidays** 25th March—5th Apr **Eid Holiday** 9th Apr—15th Apr

Net games (6 weeks)

SOI: Recognizing how the importance of relationships can lead to positive interactions for strategic **choices** to specific outcomes and understanding how this helps to **adapt** to the opponents

Global context: Scientific and technical Innovation
Key concept: Relationships Related concept: Adapton,

ATLs assessed: Creative thinking, Communication IB Learner: Knowledgeable, Communicators, risk takers

Assessments: Criteria B: Plan a skill session for a small group of peers Criteria C: Demonstrate your skills, tactics and strategies

Language development: Students will conduct class discussions on net game-related topics, including the role of teamwork, the psychology of competition, or the impact of sports on physical

Summer Assessment (Y7-13)

Summer Term: 15th April—1st July

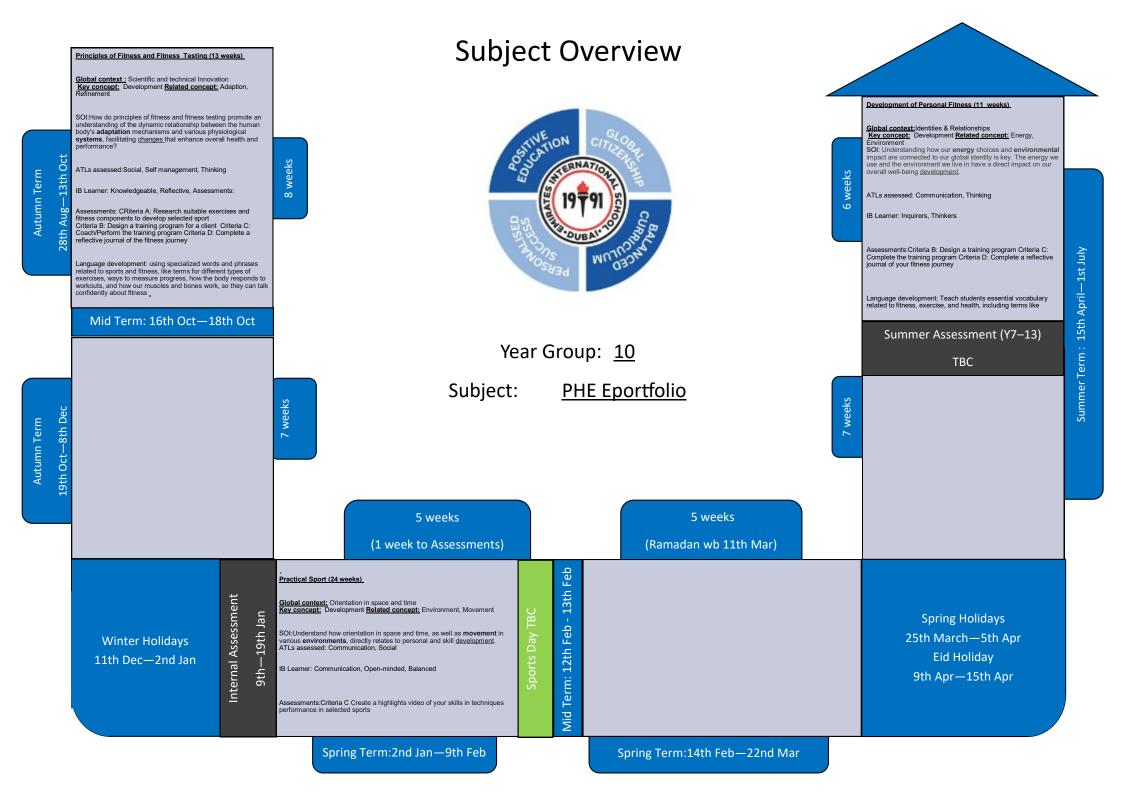
TBC

Global context; Fairness & Development
Key concept; Communication Related concept: Interaction, refinement

SOI: Swimming performance and fitness levels will be improved through **refinement** of stroke technique and communication through feedback and student interaction.

ATLs assessed: Social, Communication IB Learner:communicators, reflective Assessments: Criteria C: Demonstrate performance skills and techniques of 2 strokes whilst being timed Criteria D Reflections on own or peers performance during the

Language development: complete reflections on various aspects of swimming, such as the benefits of swimming for fitness, the history of competitive swimming, or the importance of water



# Autumn Term

# Global context: Identities and relationships Key concept: Change Related concept: Choice, Refinement SOI: Understanding body changes through the use of different components of fitness will allow me to choose an effective training plan and **refine** my chosen fitness component to a ATLs assessed: Self management, Thinking IB Learner: Thinkers Communicators: Assessments: Criteria C: Demonstrate ability to set up and use equipment correctly and safely for fitness testing and training programs Criteria A: Q & A factual and procedural aspects of fitness ongoing throughout unit Language development: Students will be introduced and taught specific fitness-related terminology such as "aerobic," "anaerobic," "cardiovascular," "muscular strength," "flexibility Mid Term: 16th Oct—18th Oct Invasion Games (7 weeks) Global context: Fairness & Development Key concept; time, place & space Related concept; Interaction, SOI: Applying time, place and space correctly within a team will result in effective **refinement** of player movement within a variety of games, leading to positive influences on individual and team interactions and performances. ATLs assessed: communication, Critical Thinking IB Learner: Thinkers, Communicators Assessments: Criteria A: Q & A Ongoing throughout unit Criteria C: Demonstrate your skills, tactics and strategies in a game play scenarios in two out of the three activities (football, Basketball or Language development: students will develop their communica-

Subject Overview Health Related Fitness (5 weeks)



Year Group: 10 Girls

Subject: PHE

Feb

13th

Feb

12th

Term:

5 weeks

(Ramadan wb 11th Mar)

Striking & Fielding (5 weeks)

Global context: Orientation in space and time
Key concept: Communication Related concept: Movement, Space

ATLs assessed: Communication, thinking IB Learner: Thinkers, Communicators, Reflective

SOI: Effective <u>communication</u> in rounders is essential for orchestrating seamless **move-**ment, optimizing spatial positioning, and fostering interactive teamwork among players.

Assessments: Criteria B: Plan a skill session for a small group of peers Criteria C: Demonstrate your skills, tactics and strategies in a game play scenario

Language development: Tactics and strategies used in cricket, the evolution of baseball, or the importance of teamwork in softball or rounders

5 weeks

(1 week to Assessments)

Assessments: Criteria C: Demonstrate performance skills and techniques of 4

Criteria D: Students to reflect at the end of sessions on their performance in

Language development: Teach students to use precise and technical language when discussing athletic techniques and strategies, such as "stride length," "takeoff angle," "hand-off technique," or "technique errors.

Net games (6 weeks)

Global context: Scientific and technical Innovation
Key concept: Relationships Related concept: Adapton,

SOI: Recognizing how the importance of relationships can lead to positive interactions for strategic **choices** to specific outcomes and understanding how this helps to **adapt** to the opponents

ATLs assessed: Creative thinking, Communication IB Learner: Knowledgeable, Communicators, risk takers

Assessments: Criteria B: Plan a skill session for a small group of peers Criteria C: Demonstrate your skills, tactics and strategies

Language development: Students will conduct class discussions on net game-related topics, including the role of teamwork, the psychology of competition, or the impact of sports on physical

Summer Assessment (Y7-13)

Summer Term: 15th April—1st July

TBC

Global context; Fairness & Development
Key concept; Communication Related concept: Interaction, refinement

SOI: Swimming performance and fitness levels will be improved through **refinement** of stroke technique and communication through feedback and student interaction.

ATLs assessed: Social, Communication IB Learner:communicators, reflective Assessments: Criteria C: Demonstrate performance skills and techniques of 2 strokes whilst being timed Criteria D Reflections on own or peers performance during the

Language development: complete reflections on various aspects of swimming, such as the benefits of swimming for fitness, the history of competitive swimming, or the importance of water

**Spring Holidays** 

25th March—5th Apr

**Eid Holiday** 

9th Apr—15th Apr

Winter Holidays 11th Dec—2nd Jan Assessment 19th Jan Internal

Athletics (6 weeks)

Global context: Identities & Relationships
Key concept: Change Related concept: Refinement, Movement SOI: Analysis of movement pattern changes will refine technique and improve athletic performance and as a result, help identify personal strengths.

ATLs assessed: Social, Communication IB Learner: knowledgeable, Communicators, Reflective

Spring Term:14th Feb—22nd Mar

Spring Term:2nd Jan—9th Feb