

## Dance

### Students will learn:-

- Dance – Core, and Advanced skills as well as decision making covered over 6 single lessons

### What does Excellence look like?

Consistently excellent accuracy and performance quality in all core and advanced skills, when performed under pressure in front of an audience.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence in the creation of motifs, both as an individual and as part of a group.

### Knowledge, understanding & Skills

#### Core Skills:

- GOOD posture, alignment and tension in performance most of the time
- GOOD timing with good speed, energy, rhythm and flair in performance most of the time
- GOOD aesthetics (body tension, extension, coordination), balance and control in performance most of the time
- GOOD confidence (head up, facing audience), emotion and expression in performance most of the time

#### Advanced Skills:

- SOME success with creation of motifs in performance
- SOME success with creativity, imagination, originality and fluency, within the motifs
- SOME successful use of adaptations e.g. use of a wide range of space, levels, direction, formation, dynamics, flight, canon and unison

#### Decision Making:

- SOMETIMES able to select appropriate themes and ways to adapt motifs

### How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

### How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.

## Football

### Students will learn:-

- Football – Core, and Advanced skills as well as decision making covered over 6 double lessons

### What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the game.

#### Core Skills:

- Passing with strong foot over short distances (side foot, outside of foot, driven and lofted pass) demonstrating **GOOD** consistency/accuracy
- Control using both feet, chest and thigh demonstrating **GOOD** consistency/accuracy
- Shooting (short distances with strong foot) demonstrating **GOOD** consistency/accuracy
- Running with the ball and beat an opponent (using strong foot learn a step-over, dummy or feint) demonstrating **GOOD** consistency/accuracy

#### Advanced Skills:

- Passing using their non-dominant foot (side foot, outside of foot driven and lofted pass with strong foot over varying distances) **SOMETIMES** demonstrated with consistency/accuracy
- One touch passing when appropriate (both feet) **SOMETIMES** demonstrated with consistency/accuracy
- Beat an opponent on their non-dominant side (step-over, dummy or feint) **RARELY** demonstrated with consistency/accuracy

#### Decision Making:

- Communication (calling for the ball and communicating with others regarding attacking and defensive skills during a game) demonstrating **SOME** consistency/accuracy  
Tactics and strategies (man to man/zonal marking, positioning on the field, formations) **SOMETIMES** demonstrated with consistency/accuracy

### How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

### How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.

## Gymnastics

### Students will learn:-

- Gymnastics – Core, and Advanced skills as well as decision making covered over 6 single lessons

### What does Excellence look like?

Consistently excellent control and fluency in all core and advanced skills when performed in a routine.

Routines use a range of space, direction and levels

### Knowledge, understanding & Skills

#### Core Skills:

- Jumps (tuck, pike, straddle, ½ twist, full twist) – GOOD control most of the time
- Forward, backward, egg, teddy bear, side, arch-dish-arch and log rolls - GOOD control most of the time
- Individual and partner balances (counter balance and counter tension) - GOOD control most of the time
- Headstands and handstands - SOME control
- Cartwheels – SOME control
- Straddle and squat vault with the use of a springboard - SOME control

#### Advanced Skills:

- Handspring - RARELY performed with control
- Walkover - RARELY performed with control
- Somersaults - RARELY performed with control
- Straddle and squat vault without the use of a springboard - RARELY performed with control
- Handspring or round off vault - RARELY performed with control

#### Decision Making:

- Students SOMETIMES create imaginative routines that use a range of space, direction and levels

### How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

### How will students be assessed?

Assessment at the end of each unit of work.  
Teacher to use GCSE assessment criteria.