

# Health and Fitness

## Course Overview:

- Exam Board: N/A
- Usual Age Range 14-16
- Qualification: N/A
- Curriculum Time: One 50 minute session plus Enrichment and out of school provision
- Assessment: Informal continual improvement with self evaluation
- Grading: N/A
- Full Specification: [National Curriculum - Physical education key stages 3 and 4](#)

## Curriculum Intent:

The intent of the Health and Fitness curriculum is to provide UTC Students with a love of movement that they can take into other parts of their lives and to build a foundation for movement into adulthood. The intent is to provide a full range of different activities to provide a holistic approach to movement and sport so that they will continue to lead active and healthy lives beyond their time in formal education.

Our approach will be to include students in the decision making process around their participation to ensure maximum engagement and to ensure they feel like they have the power over their participation, better known as an athlete centred approach. We know that through this approach there is a significant increase in the likelihood of lifelong participation.

Through a very broad offer of activities students will be exposed to a whole host of different sports and activities which will include invasion games, net/wall/racket games, fielding/striking games plus individual activities such as dance, gymnastics and athletics.

The intent will be to support students in further increasing their opportunities through a quality enrichment programme after school as well as signposting students to external providers to continue their participation independently.

All delivery will be undertaken through a games and play based approach to ensure that the skills learned and developed are done so within the context that they are applied. Not only will this improve the transferability and retention of the skills but will also increase the likelihood of long term participation. During delivery students from the broad scope of ability can be provided with extra individual challenges to aid long term development. Students will be given the opportunity, with guidance, to develop their own tactics and strategies with regards their sporting performance which again can be further developed through extra enrichment and external provision.

The expected long term impact of the intent of this curriculum is that UTC Students will receive a sound holistic movement foundation that can be applied in real life settings whilst instilling a love of movement to take into their adult lives.