Straits International School Rawang
Curriculum Overview
Year 10 Autumn Term 1 2025/2026

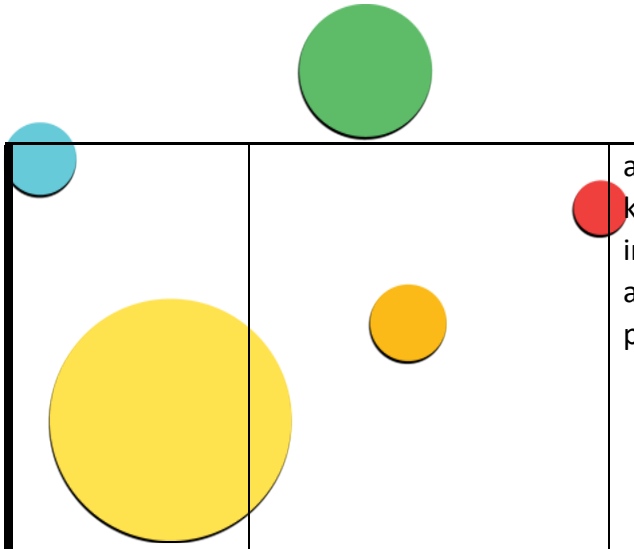
Autumn Term 1	What are we learning?	What KUS will we gain?	What will excellence look like?
English Language and Literature	Studied Poetry (Literature) & Directed writing and composition (Language)	Students will gain knowledge of the structure, language, form and content of various poems, applying contextual knowledge to understanding meaning. Students will also build skills in analytical essay writing, evaluative directed writing, descriptive writing and narrative writing, as well as building their reading skills through exposure to various texts.	In Year 10, excellence is shown through confident engagement with both Literature and Language study. In poetry, it means being able to recognise and interpret structure, form, language, and content, while connecting these features to the poem's wider context and meaning. Excellence involves moving beyond surface-level understanding to explore layers of interpretation, considering both explicit and implicit messages within a poem. Excellence is also demonstrated in writing. In analytical essays, students develop arguments that are clear, focused, and supported with precise evidence. In directed writing, excellence shows in demonstrating an evaluative understanding of the texts read, as well as adopting the right style, register, and tone for purpose and audience, while descriptive and narrative writing displays creativity, accuracy, and control of language. Through wide reading, students show excellence by identifying how

			writers influence their readers and by applying these insights to their own work.
How will this be assessed?		Formative and summative assessments including analytical essays, narrative writing, evaluative directed writing and descriptive writing.	
English as a Second Language	Sports and free time - developing language skills while exploring how sport and free time support health, teamwork, and wellbeing.	Understand and use a range of vocabulary related to the topic of sport and leisure activities; use verbs followed by the –ing form and to + infinitive; communicate ideas effectively in speech by making suggestions and expressing preferences; understand the difference between skimming and scanning; identify and select information from a personal blog and an online article about sports and pastimes.	Excellence is demonstrated by students who speak to make suggestions and express preferences politely; read an article and skim for details; read about Rubik's speed cubing and scan for information; create a display on leisure activities; read about markets in Cambridge and skim for key points.
How will this be assessed?		Assessments on vocabulary and expressions, short paragraph writing about favourite sports or leisure activities, group discussions comparing free-time habits, role-plays (e.g. interviewing an athlete), listening tasks with note-taking	
Mathematics	Rational and Irrational numbers Surds Sets Straight line graphs Quadratic expressions and equations	After learning Rational and Irrational numbers, Surds, and Sets, students will develop an understanding of different number types, simplify and manipulate surds, and use set notation to represent and analyze groups of numbers or objects. They will gain skills in classification, simplification, and logical reasoning. Through Straight line graphs, Quadratic expressions and equations, students will understand the relationship between algebra and geometry, represent equations graphically,	Excellence in these topics will be demonstrated when students confidently distinguish between rational, irrational numbers and surds, and apply set notation accurately to solve complex problems. They will fluently simplify and manipulate surds and use sets to represent and reason logically. In algebra and graphs, excellence will show through accurate construction and interpretation of straight-line and quadratic graphs, solving quadratic equations using multiple methods, and applying these skills to model and

		and solve quadratic equations using various methods. They will build skills in problem-solving, interpretation of graphs, and applying algebraic techniques to real-life contexts.	solve real-world situations with clear reasoning and precision.
How will this be assessed?		Assessment will be through problem-solving tasks, classwork, quizzes, and topic tests requiring students to simplify, solve, and interpret mathematical problems. Understanding will also be checked through application in word problems, graph drawing, and reasoning using correct mathematical notation.	
Additional Mathematics	Functions, Simultaneous Equations and Quadratics Factors and Polynomials Equations, Inequalities and graphs	Mapping, definition of a function, composite and modulus functions and sketching and drawing graphs of functions and inverse functions. Solving simultaneous equations involving linear and non-linear, maximum and minimum values form quadratics functions. Roots of quadratics equations and quadratics inequalities. Polynomials involving polynomials, factor and remainder theorems, solving modulus inequalities algebraically and graphically.	Excellence in this topic is demonstrated through strong conceptual clarity and accurate use of function notation, including mappings, domains, ranges, composite and inverse functions. Students show mastery in algebraic manipulation, confidently solving quadratic and polynomial equations, and interpreting discriminants. They sketch graphs of quadratics, modulus, and inverse functions with precision, identifying key features such as roots, turning points, and asymptotes.
How will this be assessed?		Assessment focuses on knowledge of function definitions and theorems, application in solving equations and inequalities, and analysis of graphs and roots. Students are assessed on algebraic fluency, problem-solving strategies, and reasoning in both abstract and applied contexts.	
Combined Science	P2 Thermal Physics B5 Enzymes B6 Plant nutition	In this unit, students will learn that **thermal radiation** transfers energy without a medium, mainly via **infrared waves**. They will explore how **surface colour and texture** affect absorption and emission, how **radiation affects Earth's temperature**, and describe **simple experiments** and **everyday examples** of heat transfer.	Excellence in this unit is shown when students use **accurate scientific terms** to explain **thermal radiation** and compare how different surfaces absorb and emit heat. They confidently describe experiments and apply heat transfer concepts to real-life situations. In biology, they clearly explain **enzyme action** and how **temperature and pH** affect activity, using terms like *active site* and *denaturation*. They recall and balance the

		In biology, students will learn that **enzymes are biological catalysts** with specific **active sites**, and investigate how **temperature and pH** affect their activity through **kinetic energy** and **denaturation**. In plant nutrition, they will study **photosynthesis**, recall its **equations**, investigate factors affecting its **rate**, and identify key **leaf structures** and their functions.	**photosynthesis equation**, explain how conditions affect its rate, and describe **leaf structures and functions** with confidence. Excellence is marked by clear reasoning, correct terminology, and the ability to apply knowledge in new contexts.
How will this be assessed?		Quiz and formative assessment will be based on written tasks, practical work, and discussions. Students will explain key concepts, analyse experimental data, and apply their understanding to real-life situations. They will be assessed on scientific accuracy, use of correct terminology, and ability to plan or describe experiments and interpret results clearly.	
Physics	P1 Motion, forces & energy	In this unit, students will learn how to accurately measure **length, volume, and time** using basic instruments and calculate average values for small intervals. They will understand the difference between **scalar and vector quantities**, identify examples, and determine the **resultant of two vectors** at right angles. In the motion topic, students will define and calculate **speed, velocity, and acceleration**, interpret **distance–time and speed–time graphs**, and describe different types of motion including **free fall and terminal velocity**. They will calculate **speed from gradients**, **distance from areas under graphs**, and **acceleration from changes in velocity**. Students will also understand the difference between **mass and weight**, apply the equation $W=mg$, and describe the effect of gravity on mass. Finally,	Excellence in this unit is shown when students **accurately apply formulas** for speed, acceleration, weight, and density with correct units and clear working. They can **interpret and analyse motion graphs** confidently, identifying key changes like acceleration or constant speed, and link them to real-life scenarios such as free fall and terminal velocity. They demonstrate a strong understanding of the **difference between scalar and vector quantities** and can **calculate resultant vectors** both numerically and graphically. In practical work, excellent students use **precise measurement techniques**, choose appropriate equipment, and explain how to improve accuracy. They also **evaluate data** to determine whether an object or liquid will float based on density, showing both

		they will define and calculate **density**, determine the density of solids and liquids, and use data to predict if objects or liquids will float.	conceptual understanding and strong problem-solving skills.
How will this be assessed?		Quiz, presentations and formative assessment will be through written tasks, calculations, practical activities, and graph interpretation. Students will solve problems using formulas for **speed, acceleration, weight, and density**, interpret **motion graphs**, and carry out measurements accurately. They will also distinguish between **scalar and vector quantities**, calculate **resultant vectors**, and apply concepts to real-life situations.	
Biology	<u>Characteristics and classification of living organisms</u> <u>Organisation of the organism</u>	Studying the characteristics and classification of living organisms helps us understand the diversity and hierarchical organization of life, including how organisms are grouped and related through evolution. The organisation of organisms focuses on how cells form tissues, organs, and systems, working together to maintain homeostasis.	Having a thorough grasp of how living organisms are classified, how their cells and systems are organised. It involves integrating this knowledge to explain how these elements work together to support life, analysing and interpreting data accurately, applying concepts to practical scenarios, and clearly communicating complex ideas through diagrams and models. It also includes innovative thinking to address scientific and health-related challenges.
How will this be assessed?		Combination of written exams, practical laboratory work, and assignments to evaluate understanding of concepts and application of knowledge. This will include assessing skills through hands-on experiments, creating detailed diagrams and models, and delivering oral presentations to test clear communication and integration of ideas. Critical thinking exercises and problem-solving tasks will measure innovative thinking and practical application, while peer and self-assessment will provide insights into reflective and evaluative skills.	
Chemistry	<u>States of Matter</u> <u>Atoms, Molecules & Compound</u>	Studying the states of matter helps us understand how substances behave in different forms—solid, liquid, gas, and plasma—by observing how they change in response to temperature and pressure. Learning about	Excellence in mastering the states of matter, atoms, molecules & compounds, and stoichiometry involves a deep and nuanced understanding of each concept, coupled with the ability to apply this knowledge effectively. This

		atoms, molecules, and compounds deepens our knowledge of the building blocks of matter, including how atoms bond to form molecules and how these interactions affect chemical properties.	means accurately describing and predicting the behaviour of substances under various conditions, understanding and modelling atomic and molecular structures and their interactions. Excellence also includes integrating these principles to tackle real-world challenges, such as designing efficient chemical processes or creating new materials and demonstrating both theoretical insight and practical proficiency in applying these concepts.
How will this be assessed?		Evaluating both theoretical knowledge and practical skills. This includes exams with conceptual and problem-solving questions, practical experiments assessed through lab reports and experimental design, and assignments or projects that involve real-world applications and detailed reports. Students may also be evaluated through oral presentations and group discussions to gauge their ability to communicate complex ideas and their understanding of the concepts. Regular homework and calculation exercises will test their grasp of the material and their accuracy in applying it.	
ICT	Hardware & Software, Database, File management	**Knowledge:** The basic principles of software and hardware, the functions of operating systems, the structure of databases, and file management techniques. **Understanding:** How different components and technologies work together within a computer system, and the impact of emerging technologies. **Skills:** Designing and managing databases, creating effective forms, producing reports, sorting and searching data, and optimizing file sizes and images.	Demonstrated ability to effectively use and differentiate between various software applications and hardware components. Ability to design, manage, and query databases effectively, including using forms, extracting summary data, and producing detailed reports Effective use of file naming conventions, reduction of file sizes, and optimization of image files for various needs.

How will this be assessed?		Students will be assessed on their ability to identify and apply hardware and software functions, manage and query databases, and use efficient file management techniques. Skills tested include data handling, report generation, software use, and optimizing digital resources for specific purposes.	
Computer Science	Data representation	**Knowledge**: Students will understand number systems (binary, denary, hexadecimal), how text, sound, and images are digitally represented, and the principles behind data storage and compression. **Understanding**: Students will grasp how different types of data are encoded for computer processing and storage, and how compression techniques affect file size and quality. **Skills**: Converting between number systems, calculating storage requirements, encoding data (text, sound, images), and applying lossless and lossy compression methods.	**Demonstrated ability to** perform accurate conversions between binary, denary, and hexadecimal, explain how multimedia elements are represented in binary, and evaluate the use of compression in various contexts. **Ability to** calculate file sizes, compare compression methods, and justify suitable formats for different digital content types (e.g. text vs. images). **Effective use of** binary logic and data encoding techniques to demonstrate understanding of how data is stored and manipulated in computer systems.
How will this be assessed?		Students will be assessed through written tasks, practical conversions, and scenario-based questions that test their ability to apply binary, data encoding, and compression techniques. Key skills tested include number system conversions, storage calculations, and evaluating appropriate file types and compression methods for different purposes.	
Business	Business activity & influences on business	Students will gain knowledge of different types of businesses, their purposes, and how they operate in various sectors. They will understand how external factors such as competition,	Excellence in Business Activity and Influences on Business will be shown through students' deep understanding of business structures, purposes, and external influences. They will confidently

		technology, the economy, and legislation impact business decisions. Students will develop analytical and critical thinking skills by exploring how businesses respond to change. They will also learn to evaluate the influence of stakeholders and ethical considerations, building a strong foundation for informed decision-making and strategic planning in a real-world business context.	analyse how factors like the economy, technology, and stakeholders impact business decisions. Excellent students will apply knowledge to real-life examples, evaluate responses to challenges, and suggest well-reasoned strategies. Their work will be well-organised, clearly communicated, and show high levels of insight, critical thinking, and independence.
How will this be assessed?		Assessment will include classwork, written assignments, and presentations focused on analysing business activities and external influences. Students will be assessed on their ability to apply concepts to real-world examples, explain impacts, and evaluate business responses. Regular practice of past exam papers will develop exam techniques, reinforce understanding, and prepare students for formal assessments. Marks will reflect clarity, depth of analysis, and the ability to justify conclusions using business terminology.	
Accounting	The fundamentals of accounting & Sources and recording of data	Students will gain an understanding of key accounting principles, the purpose of financial records, and the role of accounting in business. They will learn to identify and classify financial transactions, use source documents, and accurately record data in books of original entry. Students will develop skills in organisation, attention to detail, and logical thinking, building a strong foundation for preparing financial statements and ensuring accuracy in financial reporting.	Excellence in The Fundamentals of Accounting and Sources and Recording of Data will be shown through students' precise and accurate recording of financial transactions, correct use of accounting terminology, and thorough understanding of accounting principles. Excellent students will confidently identify and use appropriate source documents, complete records without errors, and explain the purpose and process of each step. Their work will demonstrate strong attention to detail, logical thinking, and the ability to apply knowledge to unfamiliar scenarios with accuracy and clarity.
How will this be assessed?		Assessment will include class exercises, quizzes, and practical tasks involving source documents and recording transactions. Students will be evaluated on accuracy, use of correct accounting formats, and understanding of key concepts. Regular practice of past year exam papers will be used to develop	

		exam skills, reinforce learning, and assess progress under timed conditions. Written tests and assignments will measure students' ability to apply knowledge to real-world accounting scenarios, demonstrating precision, clarity, and logical thinking.	
History	how far was the Treaty of Versailles fair? and how far was the league of nations a success in the 1920s and 30s	Students will gain knowledge of the post–First World War peace settlement, exploring the terms of the Treaty of Versailles and the debates over whether it was fair. They will also study the League of Nations, evaluating its successes and failures in the 1920s and 1930s. Students will develop skills central to GCSE history: analysing sources for usefulness and reliability, explaining cause and consequence, and forming balanced judgments. By the end of the unit, they will be able to explain the main terms of the treaty, assess different perspectives on its fairness, and evaluate how far the League succeeded in keeping peace.	Excellence will be seen in answers that go beyond description to provide clear, balanced analysis. For example, a strong student response might explain not only what the Treaty demanded of Germany but also why different countries viewed it differently, using precise evidence to support their explanation. Excellent work on the League will show evaluation of both successes (such as in humanitarian work) and failures (such as Manchuria), before reaching a substantiated judgment. In written work, high-quality responses will use well-structured paragraphs, clear topic sentences, and accurate historical vocabulary, while in discussion, excellent students will present persuasive, evidence-based arguments.
How will this be assessed?		Students will be assessed through IGCSE-style tasks that reflect exam requirements while remaining accessible at this stage. Source-based questions will test their ability to infer meaning and evaluate reliability. Structured written tasks, such as "How far was the Treaty of Versailles fair?" or "How successful was the League of Nations?" will assess their ability to explain and evaluate with evidence. Retrieval quizzes will reinforce key knowledge, while paired debates and group presentations will allow students to practise forming and defending balanced judgments. .	
Travel and Tourism	Key concepts of travel and tourism.	Students will gain knowledge of the key concepts of travel and tourism, including the main types of tourism (such as leisure, business, cultural, and adventure), the reasons why people travel, and the importance of sustainability within the industry. They will explore how tourism meets the needs of different customers and how it impacts	Excellence will be demonstrated in responses that are detailed, accurate, and well-applied to real-world examples. For instance, strong work might explain not only what sustainable tourism is, but also apply it to a case study such as ecotourism in Costa Rica or heritage tourism in Europe. Excellent students will use precise subject vocabulary (e.g.

		destinations both positively and negatively. Students will develop skills in research, explanation, and case study analysis, as well as applying key terms accurately in different contexts. By the end of the unit, they will be able to identify and explain different types of tourism, analyse why people choose to travel, and evaluate how sustainable practices can help balance tourism with environmental and cultural protection.	"domestic tourism," "niche markets," "ecotourism") and present balanced evaluations, showing both benefits and challenges. In presentations and written tasks, high-quality work will be clear, structured, and supported with examples that go beyond the textbook.
How will this be assessed?		Students will be assessed through a variety of practical and written tasks that check both knowledge and application. Case study activities will test their ability to link key concepts to real destinations, while group discussions and presentations will assess their communication skills and ability to explain ideas clearly. Short quizzes and retrieval tasks will measure factual recall of tourism types and reasons for travel, while extended written responses will assess their ability to evaluate sustainability in tourism. This mix of assessments ensures students are prepared both for exam-style questions and for applying their understanding to real-world scenarios.	
Global Perspectives	Component 1 – Written Exam	Students will gain knowledge of global issues, perspectives, and source analysis. They will develop skills in critical thinking, identifying bias, evaluating arguments, and constructing evidence-based responses. Students will learn to compare viewpoints, justify their own perspectives, and communicate ideas clearly and logically. This build understanding of complex global challenges and enhances research, interpretation, and written communication skills, preparing them for success in the exam and informed global citizenship.	Excellence in Component 1 – Written Exam will be shown through well-structured, insightful responses that demonstrate a deep understanding of global issues and multiple perspectives. Excellent students will critically analyse sources, identify bias, and evaluate arguments with clarity and precision. They will support their viewpoints with strong evidence and communicate ideas logically and effectively. Their work will show balanced reasoning, thoughtful reflection, and a clear grasp of the exam requirements.
How will this be assessed?		Assessment will be based on written responses to source-based questions, evaluating students' ability to analyse information, compare perspectives, and construct well-reasoned arguments. Marks will	

		reflect clarity, critical thinking, use of evidence, and understanding of global issues. Regular practice of past year exam papers will help students familiarise themselves with question types, improve time management, and refine exam techniques. Feedback from these practices will guide progress and highlight areas for improvement.	
Art and Design	**Human Figure & Expression:** From Classical to Contemporary Students develop figure-drawing accuracy (proportion, foreshortening, gesture) and expressive approaches in mixed media, studying Alberto Giacometti, Egon Schiele, Jenny Saville, Francis Bacon, Antony Gormley and Bill Viola.	In this unit, students develop key figure drawing skills such as proportion, foreshortening, and gesture, while exploring expressive techniques using mixed media. They study artists like Giacometti, Schiele, Saville, and Bacon to understand how the human form can show emotion and meaning. Students also build GCSE portfolio skills: developing ideas, experimenting with materials, presenting work clearly, and using annotations to explain their process and influences. Contextual research supports personal and informed creative outcomes.	Excellence looks like ambitious, independent project development; deep engagement with artists and contexts; broad, purposeful experimentation; a polished mock outcome with strong personal voice and critical evaluation.
How will this be assessed?		Students will be assessed through weekly portfolio checks; four formal pieces—August baseline figure drawing, September mixed-media figure study (Schiele/Saville), October artist analysis & visual response (Giacometti/Bacon), November final expressive figure outcome—assessed against recording, experimenting, developing, presenting.	
Mandarin	**Mandarin as Foreign Language** Greetings and introductions, Family and pets, Everyday life, Hobbies, Eating and	**Mandarin as Foreign Language** Students will gain knowledge of key vocabulary and sentence structures related to greetings, family members, pets, daily routines, hobbies, and meals. They will develop an understanding of how these topics are expressed in Chinese culture	**Mandarin as Foreign Language** Excellence will be demonstrated by students who can confidently engage in conversations about themselves and others using appropriate vocabulary and grammar. They will be able to respond accurately to listening and reading tasks

	drinking **Mandarin as A Second Language** School and Education, Future Career Plan, Chinese culture - Mid-autumn festival **Mandarin as First Language** 第一语言：文化认同	and how to use appropriate language in different social situations. Students will also acquire skills in listening comprehension, speaking with accurate pronunciation and tone, reading basic texts, and writing short paragraphs that convey personal information and daily activities clearly and coherently. **Mandarin as A Second Language** Throughout this unit, students will gain key Knowledge (K) about educational systems in Chinese-speaking regions, various professions, and cultural practices related to the Mid-Autumn Festival. They will develop a deeper Understanding (U) of how language reflects societal values, how education links to personal goals, and how cultural festivals foster identity and unity. In terms of Skills (S), students will enhance their reading, listening, speaking, and writing in Mandarin through tasks such as interviews, presentations, and text analysis. They will also improve their ability to express opinions, describe experiences, and make comparisons in culturally appropriate ways. **Mandarin as First Language** 第一语言：在本单元中，学生通过阅读文章了解文化认同的概念，探讨与文化入侵有关的课题。	and produce extended spoken and written content that is both detailed and culturally appropriate. An excellent student will show initiative in using new language, ask and answer questions with fluency, and make very few errors in tone, structure, or character writing. Their work will reflect clear communication, creativity, and a genuine understanding of everyday Chinese life and language. **Mandarin as A Second Language** Excellence in this unit will be demonstrated by students who can confidently and fluently express themselves in Mandarin across all four language skills. They will be able to compare education systems, describe detailed career plans with justification, and explain the cultural significance of the Mid-Autumn Festival with insight and accuracy. Their work will show a high level of vocabulary control, correct grammar usage, and appropriate tone for the audience. Culturally, they will show respect and curiosity, drawing meaningful connections between Chinese culture and their own lives. An excellent student will go beyond memorization, showing creativity, critical thinking, and a genuine appreciation for the Chinese language and its cultural context. **Mandarin as First Language** 第一语言：学生在理解了文化认同概念后能够对相关课题进行讨论，有条理地发表自己的想

			法，并以正确的写作手法书写出自己对课题的看法。
How will this be assessed?		Assessment for this unit will be both formative and summative, targeting all four language skills—listening, speaking, reading, and writing—alongside cultural understanding.	
Bahasa	Alam Semula Jadi	Students will acquire knowledge of key vocabulary related to natural environments, including flora, fauna, and ecosystems. They will develop skills to describe, discuss, and analyse natural elements and environmental issues in both written and spoken Malay, using Kata Penguat (intensifiers) correctly to enhance their descriptions. Additionally, students will gain an understanding of the importance of preserving natural environments and the impact of human activities on ecosystems.	• Accurate and varied use of vocabulary related to natural environments, including flora, fauna, and ecosystems. • Correct application of Kata Penguat (intensifiers) to enhance descriptions and discussions. • Ability to write a descriptive essay about a picnic experience, incorporating vivid imagery and relevant vocabulary. • Active participation in discussions, showing deep engagement with the topic and a thoughtful approach to environmental conservation.
How will this be assessed?		Students will be assessed through a combination of written and oral tasks. In writing, they will produce descriptive and analytical paragraphs about natural environments, correctly using relevant vocabulary and *kata penguat* (intensifiers) to enhance their descriptions. Oral assessments will include short presentations or discussions where students describe ecosystems and express opinions on environmental issues. Teachers will evaluate their ability to use key terms accurately, apply *kata penguat* appropriately, and demonstrate understanding of environmental preservation and human impact through thoughtful, coherent responses.	
IGCSE Physical Education	Theory Focus: Skeletal, Muscular and Respiratory Systems Practical: badminton	Students will gain knowledge of the skeletal system, including the major bones, joints and their functions in sport. They will also learn about the muscular system, developing an understanding of the main muscle groups,	Excellence in theory will be shown when students can confidently explain how the skeletal, muscular and respiratory systems work together during specific sporting movements. For example, they will be able to describe how bones, joints and

		antagonistic pairs and different types of contractions. In addition, students will study the respiratory system, exploring the structure of the lungs, the process of gas exchange and how breathing adapts during exercise. Through this, they will build the skill of applying anatomical terms to sporting contexts, identifying how body systems interact to allow movement and support performance. Their understanding will deepen as they connect theoretical knowledge with practical examples, recognising how these systems contribute to both health and sporting success. In badminton, students will develop their knowledge of the rules, scoring systems and tactics in both singles and doubles play. They will acquire skills in a variety of shots, including the serve, clear, drop, smash and drive, while improving movement patterns and footwork. Through practice, students will strengthen their understanding of positioning, decision-making and the importance of fitness components such as agility, coordination and reaction time.	muscles combine to produce a badminton smash, or how the respiratory system supports endurance in extended rallies. Success is demonstrated when students move beyond memorising diagrams and can apply their knowledge in analysis, evaluation and real-life sporting contexts, showing a clear link between body systems and performance. Excellence in practical badminton will be demonstrated when students can perform a variety of accurate shots under pressure, apply tactics effectively and adapt their play to different opponents. Success is also shown in the ability to officiate correctly, demonstrate sportsmanship and consistently apply rules during match play. Students who reach this level of performance will be able to reflect on their practice, identify strengths and areas for improvement, and make adjustments to improve their overall game.
How will this be assessed?		Theory: formative quizzes to assess knowledge on the skeleton and its functions, muscles and the respiratory system	
Physical Education	**Individual sports: Badminton & Athletics**	**Individual sports: Badminton & Athletics** **Athletics**:	**Individual sports: Badminton & Athletics** **Athletics:**

	Team sports: Frisbee and Water polo	Students will gain knowledge and practical experience in various athletic disciplines, including running, jumping, and throwing events. They will learn the fundamentals of each event, focusing on proper technique, form, and the importance of physical conditioning. Through these activities, students will improve their speed, strength, endurance, and coordination, which are essential for overall athletic performance. **Badminton** Students will develop essential badminton skills, focusing on **movement and footwork, strategies and shuttle placement, serving, and using a variety of shots**. They will learn how to move efficiently around the court, improving speed, balance, and reaction time. Strategic thinking will be emphasized, teaching students how to place the shuttle effectively to gain an advantage. Serving will focus on consistency, accuracy, and tactical application. Additionally, they will practice a variety of shots, including clears, drops, smashes, and net play, to develop a well-rounded skill set. These skills will enhance their agility, coordination, decision-making, and overall gameplay. **Team sports: Frisbee and Water polo**	• **Running**: Demonstrating exceptional speed, endurance, and efficient technique, with strong starts, smooth transitions, and powerful finishes. • **Jumping**: Mastery of techniques, showing strong take-off power, good body control in the air, and precise landings. • **Throwing**: Displaying superior strength and technique in events like shot put, discus, or javelin, with consistently long and accurate throws. **Excellence in Badminton** is demonstrated through precise movement and footwork, allowing players to reach the shuttle quickly and maintain balance for effective shot execution. Players showcase strategic awareness, placing the shuttle accurately to control rallies and outmaneuver opponents. Serving is consistent, varied, and tactically used to gain an advantage. A diverse range of shots, including clears, drops, smashes, and net play, is executed with accuracy and confidence, adapting to different game situations. **Team sports: Frisbee and Water polo** **Frisbee (Excellence)**:

		Frisbee: Students will gain skills in accurately throwing and catching a frisbee, learning different techniques to control the disc. They will also develop an understanding of gameplay strategies, including positioning, teamwork, and spatial awareness. Through gameplay, students will improve their hand-eye coordination, decision-making, and ability to work within a team. **Water Polo** Students will develop fundamental water polo skills, including accurate passing, shooting with power and precision, and strategic gameplay. They will learn how to move efficiently in the water, communicate with teammates, and make quick decisions under pressure. These skills will enhance their endurance, water confidence, teamwork, and overall game awareness.	• **Catching**: Consistently catches difficult throws with precision and confidence, even under pressure. • **Throwing**: Demonstrates accurate, powerful throws using different techniques, adjusting to various game situations. • **Gameplay**: Shows excellent spatial awareness, strategic positioning, and teamwork. Anticipates opponents' moves, makes quick decisions, and contributes effectively to the team's success. **Water Polo** • **Passing**: Executes fast, accurate passes with proper technique, adapting to game situations. • **Shooting**: Demonstrates powerful, well-placed shots with precision and awareness of defensive positioning. • **Gameplay**: Shows strong decision-making, teamwork, and movement in the water, effectively contributing to offensive and defensive plays.
How will this be assessed?	Badminton: Students skills of serving, movement and footwork, shot placing and range of shots will be assessed in a match situation Athletics: Students will be assessed on running (short or long distance), long jump and throwing (javelin)		

	Frisbee: Students throwing, catching, attacking and defensive strategies will be assessed in a frisbee game Waterpolo: Students passing, shooting and gameplay will be assessed in a water polo match.