
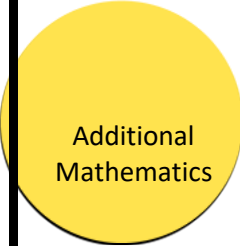





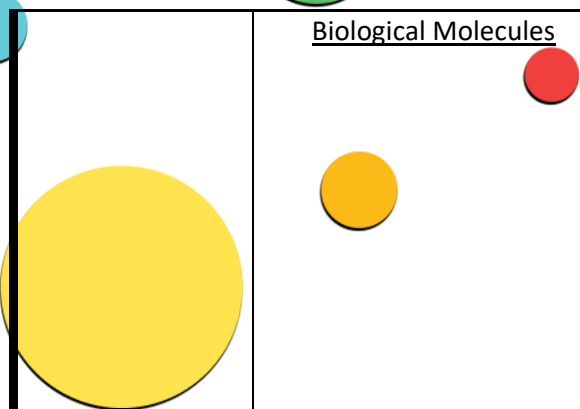
Straits International School Rawang
Curriculum Overview
Year 10 Autumn Term 1.2 2025/2026

Autumn Term 1.2	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.	<p>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.</p> <p>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.</p>
How will this be assessed?		Formative and summative assessments including analytical essays, narrative writing, evaluative directed writing and descriptive writing.	

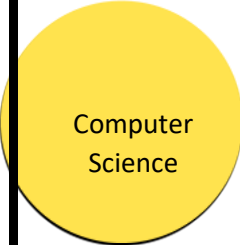


 <p>English as a Second Language</p>	<p>Holidays</p>	<p>Skills focus: Listening</p> <p>Understand and use a range of vocabulary related to different types of holidays; identify and select relevant information from different listening texts about different types of tourism; understand the different uses of words that end in –ing; engage in a conversation by asking and answering personal questions.</p>	<p>Learners can respond by answering multiple-choice questions to show understanding; identify inconsistencies while listening to the speakers; listen to an interview and filling in gaps for information; giving an introduction about myself with personal questions; plan and book a holiday of choice.</p>
<p>How will this be assessed?</p>		<p>Formative assessment includes multiple-choice listening questions about different types of holidays, identifying inconsistencies in speakers' statements, completing gap-fill tasks from an interview, introducing themselves through personal questions, and planning and booking a holiday of their choice.</p>	
<p>Mathematics</p>	<p>Chapter 10: Straight lines and quadratic equations Chapter 22: More equations, formulae, and functions</p>	<p>In studying straight lines and quadratic equations. Students will be able to tell the gradient and y-intercept related to straight line equations, finding the intercepts when crossing the x y axis, to write the equations of perpendicular and parallel lines, calculating gradient, mid-points and length of a line using coordinates. Students will be also known how to factorise and find solutions for quadratics expressions, expand two or three brackets and factorise the quadratics by writing between two squares. Students will gain knowledge of functions and function notation, understanding how to represent and interpret relationships between variables. They will develop skills in setting up and solving equations, rearranging formulae to make different variables the subject, and applying these to real-life contexts</p>	<p>Excellence in this topic will be demonstrated through mastery of straight lines and quadratic equations. Students will be able to determine the gradient and y-intercept of straight-line equations, find the x- and y-intercepts, and write equations of lines that are parallel or perpendicular to a given line. They will also be able to calculate gradients, midpoints, and the lengths of lines using coordinates. Additionally, students will learn to factorise and solve quadratic expressions, expand two or three brackets, and factorise quadratic equations by expressing them as a difference of two squares, students solve equations, rearrange formulae, and apply function notation accurately.</p>
<p>How will this be assessed?</p>		<p>Students will be assessed through mental calculations and formative assessments that evaluate their topical skills and conceptual understanding. In addition, they are expected to complete classwork independently, demonstrating their ability to apply the learned skills without assistance.</p>	


 <p>Additional Mathematics</p>	   <p>Chapter 2: Simultaneous equation & quadratics</p> <p>Chapter 3: Factors and polynomials</p>	<p>After learning these topics, students will gain knowledge of solving simultaneous equations using algebraic and graphical methods and applying these to real-life contexts. They will understand the structure and properties of quadratic equations, learning to factorize, expand, and solve them accurately. Through factors and polynomials, students will develop skills in simplifying, factorizing, and manipulating algebraic expressions, recognizing patterns, and applying the remainder and factor theorems. Overall, they will strengthen their algebraic reasoning and problem-solving skills across interconnected concepts.</p>	<p>Excellence will be demonstrated when students accurately solve simultaneous and quadratic equations using a range of methods, including algebraic, graphical, and substitution techniques. They will confidently factorize and simplify complex polynomial expressions, applying the factor and remainder theorems with precision. Excellence will also be evident through clear reasoning, accurate presentation of working, and the ability to connect algebraic concepts to problem-solving contexts. Students will approach unfamiliar problems logically and explain their solutions clearly.</p>
<p>How will this be assessed?</p>		<p>Students will be assessed through formative assessments such as quizzes and class tasks to monitor understanding and skill application. A topical test will evaluate their accuracy, reasoning, and ability to solve simultaneous equations, quadratics, and polynomial problems effectively.</p>	
<p>Combined Science</p>	<p>BIOLOGY UNIT 7 Human Nutrition (Continuation)</p> <p>CHEMISTRY UNIT 6 Chemical Energetics</p>	<p>Students will understand how physical and chemical digestion work together to prepare food for absorption. They will describe how enzymes such as amylase, protease, and lipase catalyse the breakdown of starch, protein, and fats, and identify where each enzyme is secreted and acts in the digestive system. They will also explain the role of hydrochloric acid in digestion. In chemical energetics, students will distinguish between exothermic and endothermic reactions, interpret and draw reaction pathway diagrams, and explain activation energy in terms of particle collisions. By the end of the unit, students will confidently describe how energy is transferred or</p>	<p>Excellence will be demonstrated through accurate, detailed explanations of enzyme action and digestion processes, including correct enzyme names, substrates, and products. High-quality responses will include well-labelled diagrams of the digestive system and clear links between structure and function. In chemistry, excellence will include correctly drawn and labelled energy profile diagrams with precise use of terms such as “activation energy” and “energy change of reaction.” Strong students will explain clearly why some reactions release energy while others absorb it, using examples and scientific reasoning.</p>

		absorbed during reactions and link the concept of bond breaking and bond making to energy changes.	
How will this be assessed?		Students will be assessed through short-answer and structured questions testing understanding of enzyme functions, digestion processes, and reaction energetics. Assessments will measure their ability to apply knowledge to unfamiliar examples, analyse diagrams, and use scientific terminology accurately when explaining energy changes and enzyme-catalysed reactions.	
Physics	1.6 Momentum 1.7 Energy, work and power 1.8 Pressure	Students will understand that momentum depends on both mass and velocity and can be calculated using ($p=mv$). They will learn how impulse (Ft) changes momentum and apply the principle of conservation of momentum to solve one-dimensional problems. They will link force to rate of change of momentum using ($F=p/t$). In energy, they will identify different energy stores, describe transfers between them, and apply the principle of conservation of energy to interpret Sankey diagrams. Students will calculate kinetic energy ($E_k=1/2mv^2$) and gravitational potential energy ($GPE=mgh$) and understand that work done equals energy transferred ($W=Fd$). They will explore renewable and non-renewable energy resources, their advantages and disadvantages, and efficiency calculations. Students will also define power ($P=W/t$) and pressure ($p=F/A$) and explain how pressure changes with depth in liquids ($P=pgh$). By the end of the unit, they will apply these relationships to practical and theoretical contexts confidently and accurately.	Excellence will be demonstrated through precise application of formulae, clear working with correct units, and accurate interpretation of physical relationships in written and numerical problems. Strong students will solve multi-step questions involving energy conservation and momentum changes with logical reasoning. In extended responses, excellence includes the ability to compare energy resources with reference to renewability, reliability, and environmental impact, and to explain pressure variation in liquids using density and depth. High-quality work will show both mathematical accuracy and conceptual understanding, with clear communication of physical principles.
How will this be assessed?		Students will be assessed through structured and problem-based questions involving calculations of momentum, energy, power, efficiency, and pressure. They will also interpret diagrams (e.g., Sankey or momentum diagrams), explain energy transfers in real contexts, and evaluate different energy resources. Assessment will test both quantitative problem-solving skills and qualitative reasoning, requiring correct use of equations, units, and scientific vocabulary.	
Biology	<u>Movement in & out of Cells</u>	Students will gain a solid understanding of the fundamental processes that sustain life at the cellular	Excellence will be demonstrated through a clear and confident understanding of how molecular and cellular

	<p><u>Biological Molecules</u></p>	<p>and molecular level. In <i>Movement In and Out of Cells</i>, they will learn how substances such as water, gases, and nutrients move across cell membranes through diffusion, osmosis, and active transport. They will explore the importance of these processes in maintaining homeostasis and supporting biological functions in both plants and animals. In <i>Biological Molecules</i>, students will study the structure and role of carbohydrates, proteins, lipids, and nucleic acids, gaining insight into how these molecules contribute to growth, energy release, and cell function. They will develop essential scientific skills including data analysis, experimental design, and the interpretation of biological tests for macromolecules.</p>	<p>processes interact to sustain life. Students achieving excellence will be able to explain complex ideas such as concentration gradients and enzyme function using precise scientific language and accurate diagrams. They will connect molecular structure to biological function and apply their understanding to novel scenarios, such as predicting the effects of changes in water potential or enzyme activity. Their written and verbal responses will show logical reasoning, clarity, and a deep appreciation of how molecular biology underpins larger biological systems.</p>
<p>How will this be assessed?</p>		<p>Assessment will include practical investigations, topic quizzes, and written tasks designed to test both theoretical knowledge and practical competence. Students will carry out experiments such as testing for starch, glucose, proteins, and lipids, as well as investigating osmosis in plant tissues. Their ability to record, interpret, and evaluate experimental results will form a key part of their assessment. Formative assessments will track progress through classwork, questioning, and targeted feedback, while summative topic tests and mock exams will follow IGCSE-style question formats. These assessments will measure understanding, application, and the ability to explain biological principles accurately and effectively.</p>	
<p>Chemistry</p>	<p><u>Stoichiometry</u></p>	<p>Students will develop a strong foundational understanding of <i>Stoichiometry</i> — the quantitative relationships between reactants and products in chemical reactions. They will learn how to interpret chemical equations, calculate relative atomic and molecular masses, determine the mole concept, and perform calculations involving molar ratios. Students will also explore empirical and molecular formulas, percentage composition, and limiting reagents. Through these concepts, they will understand how</p>	<p>Excellence will be evident when students can confidently perform complex stoichiometric calculations with accuracy and explain the logical steps behind their reasoning. Those achieving at the highest level will not only balance equations correctly but also apply the mole concept to unfamiliar problems, connecting symbolic representations to macroscopic observations. They will show precision in their working, clear unit conversions, and consistency in presenting chemical quantities. Excellence will also include the</p>

		chemists use stoichiometry to predict the quantities of substances involved in reactions. Along the way, students will strengthen their problem-solving and numeracy skills while applying mathematical reasoning to real-world chemical contexts.	ability to interpret experimental data, identify possible errors, and explain how stoichiometry links theoretical predictions to practical laboratory outcomes.
How will this be assessed?		Assessment will include topic quizzes, structured calculation exercises, and laboratory-based activities involving the quantitative analysis of reactions, such as determining the composition of compounds or comparing measured and predicted yields. Students will complete both formative and summative assessments that evaluate their ability to use formulas, perform multi-step mole calculations, and apply stoichiometric principles to written and practical problems. End-of-topic tests and mock examinations will reflect IGCSE-style assessment formats, testing their knowledge, accuracy, and application of quantitative chemistry in various contexts.	
ICT	Input, output devices, storage devices, Layout, images, styles	<p>Knowledge: Students will learn the key concepts of input and output devices, document layout and styles, proof techniques, and the use of graphs and charts in presenting information.</p> <p>Understanding: Students will understand how different input and output devices are used in real-world scenarios, the importance of effective document layout and consistent styles, and the role of graphs and charts in visually communicating data.</p> <p>Skills: Students will develop skills in selecting appropriate input and output devices, creating well-structured documents with consistent formatting, proofing work for accuracy, and using graphs and charts to represent data effectively</p>	Excellence is measured by the student's ability to choose suitable devices for specific tasks, create professional-looking documents with consistent layout and styles, produce error-free work, and use graphs and charts to convey data in a clear, insightful manner.
How will this be assessed?		<p>Practical Assessment: Create a short document, slide, or webpage applying good layout, inserting and formatting images, and using consistent styles (headings, fonts, colors).</p> <p>Theory assessment: Identify and classify devices as input, output, or storage.</p>	

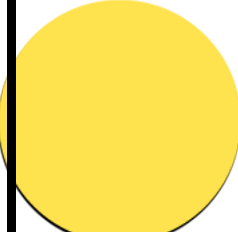


 <p>Computer Science</p>	  <p>Databases, ASCII code</p>	<p>Knowledge: Know what databases are and their key components such as tables, fields, records, queries, forms, and reports, as well as what ASCII stands for and how it represents characters using binary codes.</p> <p>Understanding: Understand how databases store, organize, and retrieve data efficiently, why they are used in real-life applications, and how ASCII enables computers to represent and transmit text accurately.</p> <p>Skills: Develop the ability to design and create simple databases using correct data types, validation, queries, and reports, and to convert characters between ASCII and binary while explaining how text data is stored and processed digitally.</p>	<p>Students confidently design and manage well-structured databases that use appropriate data types, validation, and effective queries to organize and present information clearly. They accurately convert and interpret ASCII and binary values, demonstrating a strong understanding of how text is represented and processed by computers. Their work is detailed, error-free, and presented professionally, showing the ability to apply concepts independently and explain their reasoning clearly.</p>
<p>How will this be assessed?</p>		<p>Practical Task: Create a simple database with correct fields, data types, validation, queries, forms, and reports to demonstrate understanding and application.</p> <p>Written/Online Quiz: Test knowledge of key terms, concepts, and ASCII character-to-binary conversions.</p>	
<p>Business</p>	<p>Decisions on Location, Globalisation, Multinational Companies, International Trade, and Exchange Rates</p>	<p>Students gain a clear understanding of how businesses operate in a global environment. They learn why firms choose specific locations based on factors such as costs, labour, and access to markets, and how globalisation connects countries and creates both opportunities and challenges. Students also explore how multinational companies expand across borders and influence local economies, employment, and the environment. Through studying international trade, they understand the importance of imports, exports, and trade barriers, while learning how exchange rate changes affect prices,</p>	<p>Excellence will be shown when students can clearly explain why businesses choose certain locations and how globalisation, trade, and exchange rates affect them. They will use correct business terms, give real-life examples, and think carefully about the advantages and disadvantages of multinational companies. Excellent students will show clear understanding, make sensible conclusions, and explain their ideas confidently in class and in writing.</p>



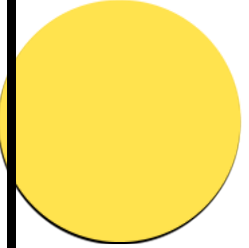


		competitiveness, and profits. Altogether, these topics help students develop strong analytical and decision-making skills and a deeper awareness of how businesses succeed in an increasingly global marketplace.	
How will this be assessed?		This will be assessed through classwork, written tasks, and topic tests. Students will answer short and case study questions to show their understanding and ability to apply knowledge to real business situations. Their participation in class discussions and group work will also help assess their learning.	
Accounting	Books of Prime Entry, Trial Balance, and Correction of Errors	Students understand how financial transactions are first recorded, summarised, and checked for accuracy. They learn to use journals like the sales and purchases books, prepare a trial balance to ensure debits and credits match, and identify and correct common accounting errors. These topics help students develop accuracy, attention to detail, and problem-solving skills essential for maintaining reliable financial records and for progressing to higher-level accounting studies.	Excellence in this topic will be shown when students can accurately record transactions in the correct books of prime entry, prepare a balanced trial balance without errors, and clearly explain and correct different types of accounting mistakes. They will demonstrate strong understanding of how each step connects within the accounting cycle and apply their knowledge confidently to new situations. Excellent students will show precision, logical thinking, and consistency in their work, producing neat, error-free records that reflect real-world accounting standards.
How will this be assessed?		This topic will be assessed through class exercises, tests, and assignments that require students to record transactions, prepare a trial balance, and correct accounting errors. Students will complete practical bookkeeping tasks using source documents and journals, identify and fix errors in given scenarios, and explain their reasoning. Assessment will focus on accuracy, understanding of accounting principles, and the ability to apply knowledge correctly in both written and numerical tasks.	
History	The League of Nations	Students will gain detailed knowledge of the League of Nations' creation, structure, and attempts to maintain world peace. They will study case studies such as the Manchurian and Abyssinian crises to evaluate success and failure. Skills include analysing evidence, interpreting international events, and constructing balanced written arguments. Understanding will focus on how the League's weaknesses influenced global	Excellence will be demonstrated through precise, evidence-based evaluations that weigh different interpretations of the League's effectiveness. Excellent students will structure arguments logically, reference historical examples, and show strong command of cause and consequence in their analysis.

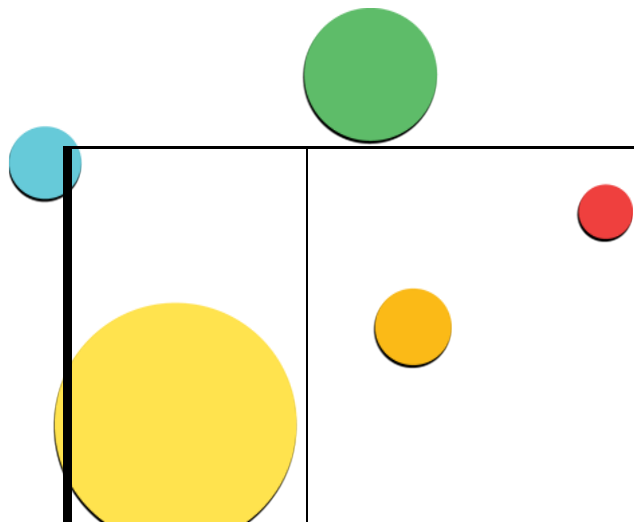
		politics and how lessons learned shaped modern organizations like the United Nations.	
How will this be assessed?		Assessment will include exam-style essays, timed practice questions, and group debates on League case studies. Source analysis and peer-marking exercises will build exam readiness. Collaborative inquiry and structured discussions will develop evaluative thinking, critical analysis, and confidence in articulating historical arguments	
Travel and Tourism	Global Tourism	Students will gain detailed knowledge of the global scale of tourism demand and factors influencing travel decisions. They will study features and appeal of destinations, management organizations, and sustainability issues. Skills include analysing data, evaluating impacts, interpreting case studies, and applying theory to real-world examples. Understanding will focus on balancing economic benefits with environmental and sociocultural responsibility.	Excellence will be shown through in-depth evaluation and application of concepts to real tourism scenarios. Excellent students will demonstrate accurate use of terminology, data analysis, and balanced arguments reflecting awareness of sustainable practices and global interconnections.
How will this be assessed?		Assessment will include data-response exercises, extended written tasks, and collaborative projects on destination management. Group case study presentations and peer feedback will strengthen communication and critical analysis. Quizzes and reflective journals will monitor understanding and progress.	
Global Perspectives	Component 1 and Team Project	Students develop important skills in critical thinking, communication, and collaboration. In Component 1, they learn to analyse information, evaluate different viewpoints, and present well-reasoned arguments about global issues. This helps them understand complex topics from multiple perspectives and express their ideas clearly in writing. Through the Team Project, students build teamwork, research, and problem-solving skills as they explore real-world challenges and propose practical solutions. Working with others also helps them develop empathy, cultural awareness, and the ability to reflect on their own learning. Together, these components prepare students to think independently, work effectively in groups, and become responsible global citizens.	Excellence in Global Perspectives means showing strong understanding, analysis, and teamwork. Excellent students think deeply about global issues, consider different viewpoints, and support their ideas with clear evidence. Their written work is well-organized and thoughtful, showing clear reasoning and originality. In the Team Project, they work well with others, research effectively, and suggest creative, realistic solutions. They also reflect honestly on their learning and show respect for different perspectives.

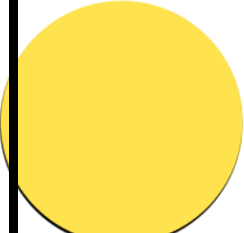


<p>How will this be assessed?</p>	<p>Global Perspectives is assessed through Component 1 (Written Exam) and the Team Project. In the exam, students are marked on how well they analyse information, compare viewpoints, and explain their ideas clearly with evidence. In the Team Project, they are assessed on their research, teamwork, reflection, and how effectively they suggest solutions to global issues. Their final marks show how well they think critically, communicate, and work with others.</p>		
<p>Art and Design</p>	<p>IGCSE Mini Project: Urban Environments — students build their portfolio by turning their own city photos and sketches into a polished mixed-media artwork, growing skills and confidence through media experimentation (drawing, relief/screen/monoprint, collage).</p>	<p>Knowledge How past and contemporary artists depict cities and place (Europe and China); key features of urban imagery (perspective, scale, light, signage, textures); print and mixed-media processes (relief, paper-stencil screen, monoprint) and when they're effective; portfolio expectations and how work maps to IGCSE AOs.</p> <p>Understanding How viewpoint, composition and value/colour direct the eye and communicate atmosphere; how primary recording (own photos/sketches) leads to clearer final work; how layering (draw → keyline → print/collage) changes meaning; how to plan, test and refine ideas before committing; how to evidence decisions briefly (why this process, this order, this crop).</p> <p>Skills Accurate urban drawing (one-/two-point perspective, proportion, tonal control); photography for reference (framing, leading lines, depth); keyline planning for print (positive/negative space); safe and clean printmaking (consistent inking, basic registration, screen flood/pull control, controlled monoprint overlays); editing and sequencing studies</p>	<p>Strong primary recording (clear sketches/photos), clean, well-registered print layers, and a final city composition with a clear focal path and neat finish. Sketchbooks show purposeful trials and brief notes explaining what was tested, what improved, and why — evidencing growing confidence and independence.</p>

	 	<p>into an AO4-ready resolved outcome; concise annotation linking artist influence to choices.</p> <p>Independent selection (built in) Students choose their own local subjects (streets, buildings, markets, transport), select processes (relief/screen/mono combinations), and curate the strongest studies for their portfolio piece—showing personal direction while meeting IGCSE criteria.</p>	
<p>How will this be assessed?</p>		<p>A regular in-class checks on drawing quality and first test prints, formal formatives, then one final graded mini-project outcome judged on craft, clarity and effective use of student’s own recording and artist ideas (mapped to IGCSE AOs: research links, experimentation/refinement, recording, presentation).</p>	
<p>Mandarin</p>	<p>Foreign Language: Health and fitness Home-life Shopping Clothing Home environment 第一语言：价值观念</p>	<p>Foreign Language: Students will learn topics related to health and fitness, home life, shopping, clothing, and the home environment. Students will acquire knowledge of the content and vocabulary by reading various articles. They will also master the knowledge through the four skills of listening, speaking, reading, and writing. 第一语言：在本单元中，学生通过阅读文章了解不同的价值观念，探讨与面对生活难题有关的课题。</p>	<p>For these topics, excellent work will demonstrate a confident and detailed understanding of key vocabulary and structures, with the ability to use them accurately and appropriately in different contexts. Students will not only be able to communicate essential information clearly but also expand on ideas with opinions, reasons, and examples. They will show strong comprehension skills when reading or listening to texts, identifying both explicit and implicit meaning. In speaking and writing, they will express themselves fluently, with a wide range of vocabulary and accurate grammar, while maintaining creativity and cultural awareness. Overall, excellence will be seen in consistent accuracy, depth of understanding, and the ability to use language flexibly across these topics. 第一语言：学生在理解了不同的价值观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。此</p>

			外, 学生能够理解文言文的内容, 并根据文章回答问题。
How will this be assessed?		Students will be assessed on their comprehension of the assigned texts, their ability to analyse language, vocabulary, and grammar usage, as well as their creativity and clarity in expression when completing tasks.	
Bahasa Melayu	Unit 20: Persekitaran Geografi Unit 21: Cuaca	In Unit 20 and Unit 21, students will gain knowledge of key geographical features, ecosystems, and weather patterns, along with vocabulary related to geography and meteorology. They will develop an understanding of how human activities like deforestation and urbanization impact the environment, as well as how weather patterns and climate zones affect daily life, agriculture, and safety. Through these units, students will enhance their skills in describing geographical and weather-related phenomena, analyzing the relationship between human activities and the environment, interpreting weather forecasts, and solving environmental and weather-related challenges, such as managing pollution or responding to extreme weather events like floods and droughts.	This student demonstrates a high level of proficiency across all key geographical areas. They employ geographical and weather-related vocabulary accurately and with confidence, both in detailed, well-structured written work and in insightful verbal discussions. Their ability to confidently interpret weather forecasts and explain complex weather patterns is matched by a strong analytical capacity to examine how physical features influence human settlement and activities. Furthermore, the student provides engaging and insightful analysis regarding the impact of human activities on the environment, showcasing a sophisticated and holistic understanding of the interplay between human and physical geography.
How will this be assessed?		Students will be assessed on their reading comprehension of the given texts, their ability to analyse language, vocabulary, and grammar, as well as their creativity, clarity, and accuracy in speaking and listening activities.	
IGCSE Physical Education	Theory: Respiratory system Circulatory system Practical: competitive swimming	Students will develop a strong understanding of the respiratory and circulatory systems, including how the lungs, heart, and blood vessels work together to deliver oxygen during exercise. They will learn how breathing rate and heart rate change with activity and why aerobic capacity is essential for performance in swimming. Alongside this theoretical knowledge, students will build technical skills in freestyle, backstroke, and breaststroke, focusing on correct breathing methods, efficient pulling and kicking mechanics, streamlined body position, and effective	Students will show strong mastery of the respiratory and circulatory systems by accurately explaining how oxygen is transported in the body, how heart rate and breathing rate adapt during physical activity, and how these systems work together to support sustained performance in sport. They will confidently connect the effects of exercise to improved aerobic capacity and overall fitness.

	 	<p>acing. They will also practise key competitive elements such as starts, turns, and finishes, while learning the rules and tactical components of racing.</p>	<p>In swimming, excellence will be shown through consistently efficient technique across two or more competitive strokes, demonstrating powerful propulsion with minimal drag and smooth coordination between arms and legs. Students will maintain strong speed and controlled breathing over longer distances, displaying endurance without losing form or rhythm. Their race skills will be sharp, with fluent turns, well-timed starts, and fast, accurate finishes, demonstrating confidence and competitive awareness in the water.</p>
<p>How will this be assessed?</p>		<p>Theory: FA and SA for</p> <p>Practical: 50m Swimming of 2 strokes- freestyle, breaststroke or backstroke</p>	<p>circulatory and respiratory systems</p>
<p>Physical Education</p>	<p>Waterpolo and volleyball</p>	<p>Volleyball:</p> <p>Students will gain foundational knowledge of volleyball, focusing on digging, setting and serving techniques. They will also learn the basic rules of the game, fostering an understanding of gameplay and the importance of teamwork. These skills will improve their hand-eye coordination, communication, and ability to participate confidently in the sport.</p> <p>Water Polo</p> <p>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,</p>	<p>Volleyball</p> <p>In volleyball, students deliver accurate and controlled digs, effectively handling challenging balls and setting up opportunities for their team. Their serves are powerful and precise, strategically placed to challenge opponents and gain an advantage. They produce consistent, well-placed sets that enable teammates to execute successful attacks. Spikes are performed with excellent timing, power, and accuracy, consistently scoring points through strong offensive play. In defense, they read opponents' plays well and execute well-timed blocks to disrupt attacks. Students also demonstrate a clear understanding of team roles, performing effectively in different positions and contributing to overall team strategy through strong communication and teamwork.</p> <p>Waterpolo</p>



	 	<p>water confidence, teamwork, and overall game awareness.</p>	<p>In water polo, students execute fast and accurate passes using proper technique, adapting effectively to different game situations. Their shooting displays power and precision, with well-placed shots that consider defensive positioning. Throughout gameplay, they demonstrate strong decision-making, teamwork, and movement in the water, contributing effectively to both offensive and defensive plays.</p>
<p>How will this be assessed?</p>		<p>Waterpolo- passing, catching and gameplay in a water polo match Volleyball- serving, receiving and gameplay in a volleyball match</p>	