Straits International School Rawang
Curriculum Overview
Year 10 Spring Term 2.1 2025/2026

Spring Term 2.1	What are we learning?	What KUS will we gain?	What will excellence look like?
First Language English and Literature	Language Paper 1 & Literature Paper 3 - Drama study: A Midsummer Night's Dream	Students will improve their knowledge of Shakespearean language and grammatical structures, as well as knowing how the context of Shakespeare's times reflect what he wrote about. Additionally, students will obtain detailed knowledge of the characters and plot of the play. Students will also enhance their vocabulary through the study of various texts. Students will also practice their comprehension, summary writing, analytical writing and directed writing skills, as well as develop their essay writing skills further, working on deepening their language and structural analyses. Students will develop a deep understanding of the play 'A Midsummer Night's Dream', its plot, chronology and characters, as well as language and structural techniques used in drama and other fiction and non-fiction texts. They will understand how to approach exam questions to secure the highest possible marks.	In Year 10 English, excellence is demonstrated through a mature and well-rounded grasp of both the analytical skills required for Language Paper 1 and the literary understanding needed for the study of *A Midsummer Night's Dream* in Literature Paper 3. Students performing at an excellent level show confidence when working with Shakespeare's language, recognising its patterns, structures and nuances, and they understand how the beliefs and conventions of the Elizabethan era influenced the themes and ideas explored in the play. They can discuss the plot and characters in detail, making thoughtful connections between key scenes and the playwright's intentions, and they broaden their vocabulary through engagement with a variety of literary and non-fiction texts. Excellent students communicate clearly and precisely in their writing, demonstrating strong comprehension, the ability to summarise effectively and the capacity to analyse language and structure with increasing sophistication. Their essays show depth of thought, offering well-supported interpretations and insightful commentary on the techniques used by writers. Throughout the term, they will develop a secure and accurate understanding of the events, relationships

			and dramatic devices in *A Midsummer Night's Dream.* Ultimately, students who achieve excellence approach examination tasks with assuredness, selecting appropriate evidence, structuring their ideas logically and expressing their views with clarity to reach the highest levels of achievement.
How will this be assessed?		Students will be assessed through regular formative assessment which will cover the following: comprehension of texts & vocabulary; summary writing; analytical writing; directed writing; essay writing. At the end of the term, students will complete summative assessments, which will include a full Language Paper 1 and an open-text Drama Literature Paper.	
English as a Second Language	Unit 7: Interviews	Use a range of vocabulary related to the topic of interviews and work skills; understand information and ideas you hear in an interview; write a CV, using an appropriate format, headings and information; write an informal email, role-play a job interview; use imperative verb forms.	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; write an informal text, conveying your ideas coherently using an appropriate tone, register, style and format.
How will this be assessed?		Formative assessment includes multiple-choice listening questions about different types of interviews, 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.	
Mathematics	Chapter 22: More equations, formulae and functions Chapter 14: Further solving of equations and inequalities	After learning these topics, students will gain knowledge of equations, formulae, and functions, understanding how to represent relationships between variables and apply function notation. They will develop skills in solving and manipulating equations and inequalities, including multi-step and complex cases, and interpreting their solutions	Excellence will be demonstrated when students confidently manipulate and solve complex equations, formulae, and inequalities with accuracy and clear reasoning. They will use functions effectively to represent and interpret relationships between variables. In ratio, rate, and proportion, students will

	Chapter 21: Ratio, rate and proportion	algebraically and graphically. Through ratio, rate, and proportion, students will understand proportional relationships and apply them to real-life contexts such as scale, speed, and comparison problems. Overall, they will strengthen algebraic fluency, logical reasoning, and problem-solving skills across a range of mathematical situations.	apply proportional reasoning fluently to multi-step and real-life problems. Excellence will also be evident through precise mathematical communication, efficient methods, and the ability to apply learning to unfamiliar and challenging contexts.
How will this be assessed?		This will be assessed through formative assessments and topical tests that evaluate students' accuracy, reasoning, and application of equations, inequalities, functions, and proportional reasoning.	
Additional Mathematics	Unit 3 Factors and polynomials Unit 4 Equations, Inequalities and graphs	Students will be learning roots of quadratics equations and quadratics inequalities. Polynomials involving polynomials, factor and remainder theorems, solving modulus inequalities algebraically and graphically, factors and polynomials, starting with adding, subtracting, and multiplying polynomials, which forms the foundation for algebraic manipulation. Students will learn polynomial division, factor theorem, and remainder theorem, key tools for solving cubic expressions and equations. Students will also tackle more complex topics such as solving equations of the form $\|ax + b\| = \|cx + d\|$, working with modulus inequalities, and sketching graphs of cubic polynomials and their moduli. They will also explore graphical solutions of cubic inequalities and solve more complex quadratic equations.	Excellence in this area involved strengthen the understanding of advanced algebra and equip them with problem-solving skills essential for graphing and interpreting various types of equations and inequalities.
How will this be assessed?		Class discussions, Groupwork, Formative assessments	

Combined Science	P3 Waves	Students will develop strong knowledge of wave properties, including how waves transfer energy, the differences between transverse and longitudinal waves, and key terms such as wavelength, frequency, amplitude, and wave speed. They will understand reflection, refraction, dispersion, lens behaviour, and the characteristics of images formed by mirrors and converging lenses. Students will also learn the structure of the electromagnetic spectrum, its uses and dangers, and the nature and behaviour of sound waves. They will build understanding of how waves behave at boundaries, how to interpret and construct ray diagrams, and how wave equations apply to real situations. They will develop skills in applying speed = frequency x wavelength, drawing ray diagrams, analysing wave behaviour, and interpreting practical observations related to sound and light.	Excellence will be shown when students confidently explain wave behaviour using accurate scientific terminology and apply wave concepts to unfamiliar situations. They will produce precise ray diagrams, correctly predict image characteristics, and use the wave speed equation accurately in both numerical and conceptual problems. Their explanations will show strong reasoning, for example, linking changes in wave speed to refraction or identifying whether a wave is transverse or longitudinal based on behaviour. In practical and written tasks, their work will be clear, accurate, well-organised, and consistently supported by correct scientific principles.
How will this be assessed?		Assessment will include short quizzes on wave properties and calculations, formative tasks such as ray diagram practice and sound investigations, and a summative test covering reflection, refraction, lenses, and the electromagnetic spectrum.	
Physics	P2 Thermal Physics	Students will build a clear understanding of the kinetic particle model by comparing the structures and properties of solids, liquids, and gases, and learning the terms for changes of state. They will explore how particle arrangement, separation, and motion explain temperature, pressure, and Brownian motion. They will learn how temperature relates to kinetic energy, convert between °C and K, and apply relationships such as **pV = constant**. Students will investigate	Excellence is demonstrated when students confidently explain thermal phenomena using clear particle-level reasoning, accurately apply equations such as **T = θ + 273**, **pV = constant**, and **c = ΔE/(mΔθ)**, and interpret data from experiments. They will be able to describe and compare conduction, convection, and radiation with precision, justify everyday applications using scientific principles, and clearly communicate differences between boiling and evaporation, the

		thermal expansion in solids, liquids, and gases, understand specific heat capacity, and describe phase changes including melting, boiling, evaporation, condensation, and solidification. They will also gain knowledge of conduction, convection, and radiation as methods of thermal energy transfer, including how surface colour, texture, and temperature affect emission and absorption, and how these processes appear in real-world applications.	behaviour of gases, and how surface properties affect radiation. High-performing students will integrate concepts across topics and provide accurate, well-reasoned explanations in unfamiliar contexts.
How will this be assessed?		Assessment will include short quizzes on particle theory, temperature conversions, gas laws, and thermal processes; formative tasks such as particle-diagram drawing, explanations of real-world applications, and practical write-ups for conduction, convection, radiation, and specific heat capacity experiments. Summative assessment will consist of structured questions requiring calculations and explanations.	
Biology	Plant Nutrition Human Nutrition	In studying plant and human nutrition, we will gain a comprehensive understanding of the essential nutrients required for growth, development, and overall health in both plants and humans. For plants, we will explore the processes of photosynthesis, nutrient uptake from the soil, and how these nutrients support growth and productivity. For humans, we will study the role of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals) in maintaining health, metabolism, and disease prevention. We will also develop skills in analysing nutritional content, understanding metabolic pathways, and applying this knowledge to optimise health and agricultural productivity. Additionally, we will examine the links between diet, health, and environmental sustainability, gaining insight into how nutrition impacts both individual well-being and global food security.	Excellence in the study of plant and human nutrition will be demonstrated by a thorough understanding of the biochemical and physiological roles of nutrients in both plants and humans. It will involve the ability to apply this knowledge to optimise growth in plants and maintain health in humans through balanced nutrition. Excellence will also be shown through the ability to critically analyse nutritional information, evaluate dietary patterns, and understand the impacts of deficiencies or excesses on health. In practical terms, excellence will involve the skill to assess nutritional needs, interpret metabolic data, and develop evidence-based recommendations for improving health and food security. Moreover, students will show a keen awareness of the broader environmental and societal implications of nutrition, demonstrating a holistic approach to sustainable practices in both agriculture and human dietary habits.

How will this be assessed?		Assessment in plant and human nutrition will involve a blend of theoretical and practical evaluations. Written examinations will test students' understanding of key concepts, such as nutrient functions, metabolic pathways, and the relationship between diet and health. Practical assessments, such as laboratory reports or data analysis, will evaluate skills in measuring nutrient content, conducting experiments related to plant growth or human metabolism, and interpreting results accurately. Additionally, project work or assignments may require students to design nutritional plans, assess dietary needs, or explore the environmental impact of nutrition. Presentations or case studies could further assess students' ability to communicate complex nutritional concepts and apply their knowledge to real-world challenges.	
Chemistry	Experimental Techniques	In studying experimental techniques, we will gain a solid understanding of the principles behind various scientific methods and the ability to apply them effectively in research. We will learn how to design experiments, develop hypotheses, and select appropriate techniques for data collection and analysis. This includes mastering laboratory skills such as measurement, calibration, sample preparation, and using equipment for quantitative and qualitative analysis. We will also gain the ability to critically evaluate experimental results, identify sources of error, and ensure reliability and validity. Additionally, we will develop the skills to interpret data, present findings clearly, and understand the ethical considerations involved in conducting experiments. This knowledge will be applicable across a wide range of scientific disciplines, enabling us to approach problems methodically and analytically.	Excellence in experimental techniques will be demonstrated by a high level of proficiency in designing, conducting, and analysing experiments with precision and accuracy. It will involve the ability to select and apply the most suitable methods and tools for a given research question, while maintaining a rigorous approach to data collection and ensuring reliability and validity. Excellence will also be reflected in the ability to troubleshoot and minimise errors, critically evaluate experimental results, and draw meaningful conclusions based on sound evidence. Additionally, students will demonstrate excellent communication skills, presenting their findings clearly and effectively, while showing a deep understanding of the ethical considerations in experimentation and the broader implications of their research.
How will this be assessed?		Assessment of experimental techniques will involve a combination of practical and theoretical components. Practical assessments will evaluate students' ability to design and conduct experiments, accurately collect and	

		analyse data, and interpret results. Laboratory reports will assess skills in documenting procedures, identifying potential errors, and drawing valid conclusions from experimental outcomes. Written examinations may test theoretical knowledge of different experimental methods, their applications, and the principles underlying their use. Additionally, project work or assignments may require students to demonstrate their ability to design and execute complex experiments, critically assess results, and communicate their findings effectively. Presentations or case studies may also be used to assess the clarity of communication and understanding of experimental design and analysis.	
ICT	Chapter 3: Storage Devices Chapter 4: Networks and the effects of using them Chapter 17: Document Production	• **Knowledge**: Understand the importance of data backup, access methods, and types of storage (magnetic, optical, solid-state). Understand network types (LAN, MAN, WLAN), devices, IP/MAC addressing, wireless technologies, and communication tools. • **Understanding**: Recognize the need for backups and how to choose storage based on speed, cost, and reliability. Grasp the setup, usage, and impact of networks and the importance of data protection. • **Skills**: Evaluate and recommend appropriate storage solutions and plan effective backup strategies. Configure small networks, use network tools effectively	Provide detailed, context-aware storage solutions and analyze real-world scenarios for scalability and efficiency. Demonstrate advanced understanding by designing and optimizing network setups, addressing societal impacts, and troubleshooting complex issues.
How will this be assessed?		**Practical tasks**: • Produce professional documents with correct formatting, styles, and references. • Use advanced features like mail merge, automated table of contents, and referencing. **Scenario-based tasks**:	

		• Explain why a particular network type is suitable for a school, company, or home. • Discuss the benefits and societal impacts of network usage (e.g., productivity, security, digital footprint). **Short-answer questions**: • Explain the advantages and disadvantages of each storage type.	
Computer Science	Chapter 2 Data Transmission	**Knowledge** • Types and methods of data transmission. • How data is broken into packets before transmission. • The structure of data packets: **header, payload, trailer**. • The concept of **packet switching** and the role of routers. • Different methods of data transmission: **serial, parallel, simplex, half-duplex, full-duplex**. **Understanding** • Why breaking data into packets improves transmission efficiency. • How the header, payload, and trailer work together to ensure correct delivery of data. • The importance of **routers** in directing packets and facilitating communication between networks. **Skills** • Explain and illustrate the process of breaking data into packets. • Label the parts of a data packet correctly.	Excellence is shown when a student confidently and accurately explains how data is transmitted across networks, clearly describing packet structure, packet switching, and the role of routers, while also comparing different transmission methods with well-reasoned justification. They demonstrate a deep understanding of why data is broken into packets, how error detection methods (parity, checksum, echo check) ensure integrity, and can apply this knowledge to analyse scenarios, identify errors, and select the most suitable transmission method.

		• Compare different methods of data transmission and select the most suitable for a given scenario.	
How will this be assessed?		**Definitions of key terms.** • Short-answer explanations (e.g., “Explain why packet switching is efficient”). • Diagram-based questions requiring students to label parts of a packet. **Application Tasks** • Given a scenario (e.g., transmitting data between two devices), students choose and justify the most suitable transmission method. • Analyse packet headers to determine routing decisions. • Generate or interpret parity bits, checksums, or echo check results. **3. Practical/Illustrative Tasks** • Students produce diagrams of packet structure.	
Business	Section 2: People in business	Understanding the different types of communication used in business (e.g., written, verbal, non-verbal, digital). Understanding the steps involved in recruiting employees, including job advertisements, interviews, and selection criteria. Recognizing how communication within a business impacts its internal culture, external relationships, and operational efficiency. Understanding how a well-communicated job description attracts the right candidates. Ability to write clear, professional job advertisements, job descriptions, and formal emails. Presenting information about job opportunities or recruitment	Students showcase the ability to craft professional, concise, and compelling job advertisements, job descriptions, and emails that clearly convey the required information and attract suitable candidates. Students can outline and explain all stages of the recruitment process (e.g., job posting, screening, interviewing, selection, and hiring). Students show the ability to assess and evaluate candidates objectively, considering their qualifications, skills, and cultural fit within the company. Excellence involves working effectively with others in recruitment teams in role play, clearly expressing needs, discussing candidate progress, and making decisions together.

		processes to potential candidates, either in person or virtually.	
How will this be assessed?		Teacher/self-assessment, presentation, past-year questions, projects, group work	
Accounting	Verification of accounting records	Learning trial balance, correction of errors, bank reconciliation and control accounts helps students understand how to keep money records accurate. They learn how to find and fix mistakes, match the cash book with the bank statement, and check that customer and supplier balances are correct. This builds confidence, accuracy and strong problem-solving skills in accounting.	Students confidently prepare and check financial records with accuracy, spot and correct errors independently, clearly explain why differences occur in accounts, and complete reconciliations and control accounts with no major mistakes. They show strong attention to detail, understand the purpose behind each process, and can apply these skills to new or unfamiliar accounting scenarios.
How will this be assessed?		Textbook, workbook, past-year questions, groupwork	
History	To what extent was aggressive German nationalism responsible for the breakdown in international order in the 1930s?	Students will learn about the causes of the breakdown of international order in the 1930s, focusing on Germany's aggressive nationalism under the Nazi regime, including rearmament, the Rhineland, the Anschluss, and territorial expansion, alongside other factors such as the League of Nations' weaknesses, appeasement, and the global economic crisis. They will understand how German ambitions interacted with international vulnerabilities, evaluating the role of ideology, leadership, and foreign policy in escalating tensions. Students will develop skills in analysing and evaluating sources, constructing balanced arguments, assessing cause and consequence, considering multiple interpretations, and communicating clear, evidence-based explanations using accurate historical vocabulary.	Excellence will be demonstrated when students construct well-reasoned arguments that evaluate the relative importance of German nationalism compared to other factors, using detailed evidence. Excellent students will critically analyse sources, consider multiple perspectives, link events chronologically, and write clearly and coherently, demonstrating an understanding of international relations and the complexity of historical causation.
How will this be assessed?		Assessment will include source-based questions evaluating German actions and international responses, as well as structured essay questions on the causes of the breakdown of international order. Students will take part in group debates or role-plays simulating League of Nations decisions to explore multiple viewpoints. Knowledge	

		quizzes will test understanding of key events, dates, treaties, and leaders, while peer-assessed presentations will allow students to explain and justify the relative importance of different causes.	
Travel and Tourism	Chapter 3: Travel and Tourism Organisations	Students will learn about different travel and tourism organisations, including public, private and voluntary sectors, and how they work together to provide services for tourists. They will understand the roles, responsibilities and importance of organisations such as transport providers, accommodation, government agencies and tourism boards, as well as how regulations and customer needs shape their operations. Students will develop skills in analysing organisational structures, interpreting case studies, evaluating service effectiveness, and communicating findings clearly using industry-specific vocabulary.	Excellence will be demonstrated when students accurately explain the roles of different organisations using relevant examples and show strong understanding of how they interact within the tourism industry. Excellent students will present balanced and well-reasoned evaluations of how effectively organisations meet customer needs, compare services confidently, and use appropriate terminology in both written and verbal work. They will show strong analytical thinking, make connections between sectors, and provide detailed, evidence-based conclusions.
How will this be assessed?		Assessment will include short knowledge quizzes on types of organisations and their functions, case study analysis tasks assessing how organisations operate and interact, and structured written responses evaluating service effectiveness. Students will take part in group projects designing tourism plans or service improvements, followed by peer feedback to strengthen communication and reasoning skills. Presentations and role-play tasks simulating customer–provider interactions will further test understanding, teamwork and application of concepts.	
Global Perspectives	Team project report writing	Students gain knowledge about important global issues and learn how different people and countries view these problems. They also develop a clearer understanding of how teamwork, research and evidence help them explore a topic more deeply. At the same time, they build useful skills such as researching information, evaluating sources, communicating clearly in writing, organising tasks as a group, and reflecting on what went well and what	Excellence looks like a clear, well-organised report that shows strong understanding of the global issue. It includes reliable research, explains different perspectives well, and uses good evidence to support ideas. The team works together effectively, shares tasks fairly, and reflects honestly on what they learned. The writing is easy to follow, detailed, and shows careful thinking.

		could be improved. This helps them become more thoughtful, collaborative and confident learners.	
How will this be assessed?		Assess students by evaluating their understanding of the global issue, quality of research and evidence, teamwork, clarity of writing, and thoughtful reflection in the report.	
Art and Design	**Urban Environments: Structure, Space and Personal Response** Students develop their GCSE coursework by exploring **urban environments**, focusing on buildings, space and atmosphere, while refining drawing skills, artist analysis and personal visual responses.	• **Project 1: Urban Structure and Observation** – **Knowledge:** how artists explore buildings, space and structure | **Skills:** observational drawing, proportion, tone, perspective | **Understanding:** how careful observation strengthens visual outcomes. *(Artists: Edward Hopper – buildings only, Stephen Shore)* • **Project 2: Cultural Urban Environment (Chinese New Year)** – **Knowledge:** cultural symbolism and atmosphere within urban spaces | **Skills:** selecting imagery, using colour and detail purposefully | **Understanding:** how cultural context influences visual interpretation of place. • **Project 3: Personal Urban Response** – **Knowledge:** how artists develop personal responses to environments | **Skills:** refining composition, media experimentation, annotation | **Understanding:** how personal intention and artist influence shape final outcomes.	Excellence will be shown when students approach challenges with a **solution-focused and reflective mindset**, responding positively to feedback and refining their work independently. High-quality outcomes will demonstrate accurate observation, purposeful artist links and confident use of media. Sketchbooks will show sustained development, thoughtful annotation and clear progression towards a personal, GCSE-level response.

		(Artists: L. S. Lowry, contemporary urban photographers)	
How will this be assessed?		Excellence will be shown when students demonstrate a **reflective, solution-focused approach**, responding positively to feedback and refining their work independently. High-quality work will show accurate observation, purposeful artist references and confident use of media. Sketchbooks will evidence sustained development, thoughtful annotation and a clear personal direction appropriate for GCSE level.	
Mandarin	**Foreign Language**: Weather and Climate Travel Experiences Transportation **First Language:** **第一语言：**公平正义	**Foreign Language:** Students will learn topics related to Weather and Climate, Travel Experiences and Transportation. 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公平、正义及刻板印象，探讨与社会中不公平的现象有关的课题。	**Foreign Language:** Fluent use of topic-specific terms (health, home, shopping, clothing). Engaging confidently in both every day and formal discussions about the topics. Demonstrating an ability to analyze and synthesize information from various sources (e.g., comparing health advice from different articles). Recognizing and reflecting on cultural differences in home life, fashion, or health practices, showing respect and curiosity. **第一语言：**学生在理解了不同的不公平现象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?		This unit will be assessed through a variety of formats that evaluate students' listening, speaking, reading, and writing skills. The goal is to ensure students not only acquire language knowledge but can also apply it flexibly to express their understanding and opinions.	

Malay Language	Unit 22: Cuaca Dunia & Unit 23: Bertemu Orang Daripada Pelbagai Latar Belakang	In Unit 22 and Unit 23, students will explore the topic of C*uaca Dunia* and B*ertemu Orang daripada Pelbagai Latar Belakang*. They will gain an understanding of global weather patterns, the influence of climate zones, and how these weather conditions affect daily life, agriculture, and safety. Students will also learn about the impact of human activities, such as deforestation and urbanization, on the environment. As they study these topics, they will develop the skills to describe weather-related phenomena and global weather trends, while also analyzing the relationship between human actions and climate. Additionally, students will explore the importance of interacting with people from diverse backgrounds, discussing how different cultures adapt to various weather conditions and environmental challenges. This will help students improve their ability to interpret weather forecasts, manage environmental issues like pollution, and respond to extreme weather events such as floods and droughts.	• Accurate use of geographical and weather-related vocabulary in both discussions and written tasks. • Clear understanding of the impact of human activities like deforestation, urbanization, and pollution on geographical environments and weather patterns. • Strong analysis of how geographical features, climate zones, and weather patterns influence human settlement, activities, and adaptation strategies in different cultures. • Well-structured, detailed written work with clear explanations of geographical and weather-related topics, showing minimal errors. • Engaging and insightful participation in discussions about the environmental and social impacts of geography and weather.
How will this be assessed?		Speaking Assessments, Written Tasks, Comprehension Tests, Class Discussions	
IGCSE Physical Education	Theory: Respiratory system Energy Supply and how it works	Students will learn how the circulatory system works, including how the heart, blood, and blood vessels transport oxygen and nutrients to the muscles during exercise. They will understand how heart rate, stroke volume, and cardiac output change with intensity, and how training strengthens the cardiovascular system. Students will also develop a strong understanding of energy supply, knowing the difference between aerobic and anaerobic energy systems and how the body uses carbohydrates and fats to fuel different	Excellence is shown when students clearly and confidently explain how the circulatory system functions during exercise, accurately linking heart responses to activity demands. They can distinguish between aerobic and anaerobic energy systems and apply this knowledge to real sporting examples. Excellent students make strong connections between the effects of exercise and performance, using scientific reasoning to explain why certain training methods work. They demonstrate the ability to interpret data, evaluate

		types of activity. They will build skills in analysing how exercise affects the body in the immediate, short-term, and long-term, and apply this understanding to improve their own performance, training choices, and recovery strategies.	physical responses, and use their understanding to improve technique, fitness, and overall health.
How will this be assessed?		Short answer questions	
Physical Education	Basketball or Yoga	**Basketball**: Students will gain knowledge and skills in passing, shooting, and gameplay strategies. They will learn to execute accurate passes, improve shooting techniques, and develop a better understanding of positioning and teamwork. Gameplay will help them enhance decision-making, spatial awareness, and the ability to collaborate effectively with teammates. **Yoga** Students will learn how different yoga poses improve key fitness components such as balance, flexibility, strength, and body control. They will develop the skill to create and perform their own routine with smooth flow, understanding how breathing, posture, and alignment work together. Students will also gain awareness of how yoga supports wellbeing, focus, and overall physical health.	**Basketball:** Excellence in Basketball is shown by students who deliver crisp, accurate passes using a range of techniques to keep the ball moving and create scoring opportunities for their team. Their shooting is consistently accurate from various positions on the court, with strong technique and confidence even under pressure. In gameplay, they demonstrate outstanding court vision and quick, smart decision-making, working seamlessly with teammates, anticipating plays, and making impactful contributions on both offense and defense. **Yoga** Excellence in Yoga is demonstrated by students who create a balanced, well-structured routine that flows smoothly from one posture to the next. They show strong control, flexibility, balance, and strength, performing each pose with correct alignment and steady breathing. Their routine reflects a clear understanding of key fitness components, and they move with calm focus, purpose, and confidence.

How will this be assessed?	Basketball match or yoga routine