



# Hampton Court House

## Curriculum Outline 2019/20 – Year 10 Sport (RH) Girls

### Autumn 2019

Principal Text: *N/A*

#### Netball

-game play.

#### Rowing (Sculling)

-technique  
-functional fitness  
-managing a boat.

#### Olympic Weightlifting

-technique for the snatch lift and clean & jerk.

Hampton Court House School's sporting philosophy centres upon our pupils' finding a sport(s) or activity they can be passionate about for life. The curriculum has been designed to encourage a joy of movement and an enthusiasm for mastery, develop strength and robustness, overcome fear and understand the benefits of a physically healthy lifestyle.

Sculling is one of the core sports at the school. Indoor training in the tank and on the ergometers and lifting platforms enables the programme to continue all year round at Molesey Boat Club.

Athletics is a foundation sport and one of the activities that the school aims to provide all year round. The emphasis is always on technique and mastery, rather than pure performance.

### Spring 2020

Principal Text: *N/A*

#### Netball

-game play.

#### Rowing (Sculling)

-technique  
-functional fitness  
-managing a boat.

#### Olympic Weightlifting

-technique for the snatch lift and clean & jerk.

#### Racket sports

-badminton, racquetball and table tennis.

The ability to strike a ball is another core skill for many sports; we provide a mixture of racket sports at the Xcel Centre.

There are no assessments associated with this year's activities

Links with fundamental values

The rule of law is fundamental to sport. This means learning - and being able to follow - rules and laws to ensure fair play in any sporting environment.

Sports is an excellent vehicle for promoting mutual respect, since participants are expected to compete vigorously, whilst at all times respecting their opponents.

Social, moral, spiritual and cultural content  
Pupils learn to cope with success and defeat with dignity and good grace. We describe "failure" in sport as an essential part of growing and learning and reward determination in mastering technique over pure performance.

Opportunities to independently extend learning  
Students in years 10 have the option to attend extra curricular sports clubs at different times of the year.

### Summer 2020

#### Rowing (Sculling)

-technique and racing.

#### Olympic Weightlifting

-technique for the snatch lift and clean & jerk.

#### Athletics

-throwing, jumping and running  
-preparing for competition - sports day.