

Yr. 10 PE – Curriculum Map

Advent 1 Analysis & Improvement (Teamwork)	Advent 2 Resilience (Individual)	REVIEW OF LEARNING DIRT & Summative	Lent 1 Intellectual Challenge and Fundamentals in Movement	Lent 2 Analysis & Improvement (Teamwork and Individual)	Catholic Social Teaching	Pentecost 1 Resilience Fundamentals in Movement	Pentecost 2 Analysis and Improvement - Summer Sports	Catholic Social Teaching and Careers
<p>Unit Intent Football The Use of Width Attacking as a unit/team Defending and defensive roles Formations + roles in a team Corners, Free kicks and strategies The Role of the Referee</p> <p>Basketball Reverse hand movement Shooting development Attacking strategies Defending tactics Game analysis The role of the referee</p> <p>Netball Passing and Receiving Positioning Footwork Attacking Defending Game play</p> <p>Reading 3-2-1</p>	<p>Unit Intent Badminton Moving around the court Serving Second shot Attacking tactics Defending tactics Game play</p> <p>Fitness Fartlek training Pulse raising aerobic activities Interval Training Circuit performance Continuous training</p> <p>Reading 3-2-1</p>	<p>Disciplinary knowledge</p> <p>Literacy skills with key concepts and their definitions. Describe skills and the importance of giving key facts and the impact of those facts. Explain skills –How to expand their descriptions by giving evidence and examples –WHAT, WHY and HOW Discussion skills Developing rounded and explained opinions with relevant evidence, Development of reflective skills by considering various viewpoints when refereeing or umpiring.</p> <p>Demonstrate skills in the physical.</p>	<p>Unit Intent: OAA (orienteering) Health and Safety of countryside exploring Map reading Problem solving Course development Leadership in group orienteering Cardiovascular endurance in OAA</p> <p>Volleyball Basic rules and regulations Serving Set Dig Spike</p> <p>Reading 3-2-1</p>	<p>Unit Intent - Hockey Passing and Receiving Dribbling Positioning Attacking play Defending play Game play</p> <p>Trampoline Health and Safety Shapes and Turns Routines Back Landing sequences Front Landing sequences Advanced aerial Skills Assessment routines</p> <p>Reading 3-2-1</p>	<p>Human Dignity Provides young people with opportunities for face-to face encounters while they are engaging in an activity that stirs passions. In such a context, they must learn to exercise self-control and how to manage conflicts within the team</p> <p>Participation (Enrichment) All extra-curricular provision in school. Morning, lunch and after school. This allows for all pupils to be involved in a club All activities in the curriculum KS4/KS5 Sports Participation section</p> <p>Subsidiarity Gamesmanship</p> <p>Creation & Environment Going out into the local areas for fitness</p>	<p>Unit Intent: Athletics Sprint running technique (Relay/Hurdles) Jumping- Long Jump/Triple Jump Jumping-High Jump Middle Distance Running (800m) Throwing-Javelin Throwing-Shot/Discus</p> <p>Reading 3-2-1</p>	<p>Unit Intent: Cricket Develop tactical play as a batter and bowler. Replication of more advanced core skills (Cut & pull/hook shot, Bowling medium pace and spin, general fielding)</p> <p>Rounders Develop tactical play as a batter and bowler. Replication of more advanced core skills (Batting with direction, Bowling with different aim and spin, general fielding skills)</p> <p>Reading 3-2-1</p>	<p>Rights and Responsibilities Fixtures and inter year competition Provides young people with opportunities for face-to face encounters while engaging in an activity that stirs passions. In such a context, They must learn to exercise self-control and how to manage conflicts within the team</p> <p>Careers https://www.careerportal.org.uk/job-sectors/subject/pe#link-1 In Community Sports Youth Sport Officer Sports Development Officer Coach</p> <p>British Values Rule of Law A basis for rules within the sport</p>

Year 10 core PE all students have 1 lesson of Core PE a week. In year 10 we do not formally assess performance in practical activities. We look at attitude to learning; teamwork; communication whilst teaching different practical activities from sports listed.