

Year 10 Core PE

Timing	Unit Title	Key Question/s	Knowledge	Assessing Understanding
Autumn/ Spring		<ul style="list-style-type: none"> Can you select and apply a range of passing and receiving techniques in Football in a small sided game? Can you select and apply an advanced range of marking and evading skills in Netball in a full sided game? Can you select and apply an advanced range of passing and receiving techniques in Volleyball in a small sided game? Can you demonstrate a basic understanding of the skills and 	<p>Netball:</p> <ul style="list-style-type: none"> Appropriate use of advanced passing and receiving skills (bounce, chest, shoulder) Attacking skills - holding space, set plays - centre pass/inside the D, shooting Defensive skills - blocking, zone defence Full sided games - demonstrate their own umpiring knowledge <p>Tag Rugby:</p> <ul style="list-style-type: none"> Passing techniques, passing on the move Attacking skills Attack and defence formations (defensive line, attacking V or diagonal) Games based - tactical drills <p>Volleyball:</p> <ul style="list-style-type: none"> 3 types of shot (set, dig, volley) and net blocking, and advanced spike Formations (4 a side, 6 a side) Serving Game play <p>Football:</p> <ul style="list-style-type: none"> Dribbling, passing and receiving on the move Attacking skills - possession focus, use of space Defensive skills - tackling, interceptions, types of marking Games based - small sided games <p>Ultimate Frisbee:</p> <ul style="list-style-type: none"> Passing techniques - forehand and backhand 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> Students are expected to develop an advanced range of knowledge & understanding on the areas listed opposite. These include the ability to: Acquire & develop core technical physical skills Select & apply appropriate advanced technical & tactical skills into match play Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: Scoring systems in the sport they are studying Key terminology used within a sport on a regular basis Awareness of the physical fitness levels required to benefit performance within a sport Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc.

		<p>techniques required for Tag Rugby in a small sided game?</p> <ul style="list-style-type: none"> Can you demonstrate an appropriate use of shot types within both a singles and a doubles Badminton game? Can you demonstrate the appropriate use of skills and techniques within both singles and doubles Table Tennis matches? Can you select and apply an advanced range of skills within small sided Handball games? Can you perform and choreograph a 	<ul style="list-style-type: none"> Defence - interceptions (slap down, crocodile snap, duck) Rules of the game - start of play Games based small sided games (6 a side) <p>Badminton:</p> <ul style="list-style-type: none"> Forehand and backhand serve Overhead clear, positioning on the court Net lift and drop shot Outwitting an opponent - games based <p>Table Tennis:</p> <ul style="list-style-type: none"> Re-Cap of advanced passing shots (slice/top Spin) Defensive play Movement off the table (playing shots from close and far off the table) Advanced doubles strategies <p>Fitness:</p> <ul style="list-style-type: none"> Aerobics Yoga Step aerobics HITT circuit Zumba Body combat <p>Handball:</p> <ul style="list-style-type: none"> Passing and receiving - one handed and two handed Attacking skills - dribbling Defending skills - stage 1, 2 and 3 defence, defensive block Game play 	<p>Assessment Point Information:</p> <ul style="list-style-type: none"> Not applicable for KS4
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		<p>sequence to a set theme in the style of Street Dance?</p> <ul style="list-style-type: none"> • Can you apply a range of passing and movement skills in a small sided basketball game? • Can you coach a small group of people or umpire a game confidently? 	<p>Dance:</p> <ul style="list-style-type: none"> • Learn a set Motif using the theme and style of Street Dance: • Wider understanding of Dance movement • Motif Creation • Advanced partner lifts • Develop own choreography <p>Basketball</p> <ul style="list-style-type: none"> • Understand basic passing and movement rules • Perform movement drills with the ball under pressure • Apply attack and defence strategies in match play • Understand basic shooting techniques, lay-up etc <p>Leadership</p> <ul style="list-style-type: none"> • Develop different styles of leadership (teaching and learning techniques) • Understand basic principles of setting up safe drills/principles e.g timings, equipment, no. of students, active participation, projection of voice etc • Work alongside other students to lead part of a lesson, e.g warm up, cool down, skills practice • Provide feedback to other students • Listen to feedback from others and implement feedback 	
Summer		<ul style="list-style-type: none"> • Can you perform advanced 	<p>Athletics:</p> <ul style="list-style-type: none"> • Throwing events - shot put, discus, javelin 	Knowledge & Understanding:

		<p>strokes within a competitive rally in Tennis?</p> <ul style="list-style-type: none"> Can you select and apply an advanced range of skills which are involved with athletic events? Can you select and apply advanced striking and fielding positions within a full sided game of rounders? Can you select and apply advanced striking and fielding positions within a full sided game of cricket? 	<ul style="list-style-type: none"> Jumping events - high jump (scissor kick/fosbury flop), triple jump, long jump Track events - 100m, 200m, 800m, 1500m <p>Rounders:</p> <ul style="list-style-type: none"> Fielding Batting Bowling Advanced Fielding Strategies (Rotational fielding) Advanced Formation of Fielders adapting to changing play Game play - umpiring and knowledge of the rules and scoring <p>Tennis:</p> <ul style="list-style-type: none"> Forehand and backhand rallying Forehand and backhand baseline shots Drop shots and volleying Serve - technique and placement Advanced strategies for singles and doubles play (Net and Baseline strategies) <p>Cricket:</p> <ul style="list-style-type: none"> Advanced Fielding Skills (Target fielding & Distance fielding), off stump fielding Overarm throwing and bowling Different Batting strokes - front foot defensive shot, front foot drive, pull shot Game play - understanding of the rules and scoring of cricket. 	<ul style="list-style-type: none"> Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: Acquire & develop core technical physical skills Select & apply appropriate technical & tactical skills into match play Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: Scoring systems in the sport they are studying Key terminology used within a sport Awareness of the physical fitness levels required to benefit performance within a sport Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> Not applicable for KS4
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