

Year 10 Core PE

Timing	Unit Title	Key Question/s	Knowledge	Assessing Understanding
Autumn/ Spring		- 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 techniques required for Tag Rugby in a small sided game? - Can you identify basic map features	Netball: - 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 Tag Rugby: - Passing techniques, passing on the move - Attacking skills - Attack and defence formations (defensive line, attacking V or diagonal) - Games based - tactical drills Volleyball: 3 types of shot (set, dig, volley) and net blocking, and spike - Formations (4 a side, positional awareness) - Serving - Game play OAA: - Map Reading Skills - Point to point/Line Marking Course - Develop Map course marking - Fitness Ultimate Frisbee: - Passing techniques - forehand and backhand	Knowledge & Understanding: - 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. Skills: - 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.

		and plot a basic course around the school site? • 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	• Defence - interceptions • Rules of the game - start of play • Games based small sided games (6 a side) Badminton: • Forehand and backhand serve • Overhead clear, positioning on the court • Net lift and drop shot • Outwitting an opponent - games based Table Tennis: • 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 Fitness: • Aerobics • Yoga • Step aerobics • HITT circuit • Zumba • Body combat Handball: • Passing and receiving - one handed and two handed • Attacking skills - dribbling • Defending skills - stage 1, 2 and 3 defence, defensive block • Game play Dance:	Assessment Point Information: • Not applicable for KS4
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		sequence to a set theme in the style of Salsa? - 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?	- Learn a set Motif using the theme and style of Salsa: - Wider understanding of Dance movement - Motif Creation - Develop own choreography Basketball - 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 Leadership - 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		Can you perform advanced strokes within a competitive rally in Tennis?	Athletics: - Throwing events - shot put, discus, javelin - Jumping events - high jump (scissor kick/fosbury flop), triple jump, long jump - Track events - 100m, 200m, 800m, 1500m	Knowledge & Understanding: - 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

	• 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?	Rounders: • Fielding • Batting • Bowling • Fielding Strategies (Rotational fielding) • Formation of Fielders adapting to changing play • Game play - umpiring and knowledge of the rules and scoring Tennis: • 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) Cricket: • 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.	• 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. Skills: • 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. Assessment Point Information: • Not applicable for KS4
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