

Physical Education Year 10 Curriculum Overview



Year 10 Overview

All students follow a core PE lesson for at least one hour a week. Students follow the core values of Colne Primet Academy's Physical Education Department where they have the opportunity to work towards meeting key criteria in performance, leadership, officiating and fitness. Students will build upon their overall physical literacy, competence and understanding of sport, that they developed in KS3. Further emphasis will be placed on mental and physical well-being, through concepts such as self-discipline, resilience and competition. Students will be encouraged to be reflective learners and work on further strategies for improvement.

Students will experience a wide range of sports during the year, which includes football, netball, badminton, Aussie Rules, basketball, fitness, handball athletics, rounders, cricket and softball. Students are also encouraged to work towards these values in their own free time and in extracurricular clubs which run at the Academy. Students will be given the opportunity to lead small groups and take an officiating role within lessons, this approach will allow students to analyse their own performance and that of their peers.

In KS4, the aim is to equip students with the skills and confidence to continue participating in sport when they leave school as a performer, volunteer and/or official and to maintain a healthy and active lifestyle.

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Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
<p align="center">1-6 (Autumn 1)</p>	<p>Netball</p> <p>Football</p>	<p>In this unit students will utilise their knowledge and experience of skills learnt at KS3 within competitive situations. Students will need to apply their knowledge of rules and positional play in order to outwit their opponents effectively. Students will then take on the role of officiating small-sided games before being able to work on their leadership qualities by running a small-sided tournament.</p> <p>Students require a good understanding of rules applied to game situations, as well as key tactics and strategies to use to be successful.</p> <p>Key skills which students will be required to demonstrate using the correct technique include passing, dribbling, tackling and shooting, as well as an effective use of attacking and defensive principles.</p>	<p>Students to use key skills within small-sided games and competitive situations effectively. Students are being assessed on whether they can complete the basic skills (passing, shooting, crossing etc) and being able to effectively use them in competitive situations.</p>
<p align="center">7-13 (Autumn 2) And 14-18 (Spring 1)</p>	<p>Badminton</p>	<p>During this unit of work students will look to become more autonomous players by being able to take leadership in their development of the basic skills. Students will collaborate to peer assess their technique both in isolation and a game, culminating with students having to work together to create their own tournament as part of their final assessment. Students will follow the rule of law by learning the rules in Singles and Doubles and playing within the laws of the game. Students will have to communicate well together in order to be successful in playing Doubles Badminton.</p>	<p>Opportunity for students to utilise key skills in singles and doubles matches to outwit their opponent. Students are being assessed on whether they can complete the basic skills (serving, overhead clear, drop shot, smash, backhand clear, fade etc) and being able to effectively use them in competitive situations. Apply knowledge of rules and regulations successfully in the role of an umpire, as well as a player.</p>

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	Aussie Rules	Students will be introduced to this new sport, which will transfer attacking skills covered in a variety of KS3 sports. They will learn passing techniques and ball handling skills for the game. Development of the concepts of play will be developed through conditioned and varied competitive scenarios.	Basic ball handling skills and kicking skills as well as understanding of the rules covered.
14-18 (Spring 1) and 19-24 (Spring 2)	Basketball	<p>In this unit students will utilise their knowledge and experience of skills learnt at KS3 within competitive situations. Students will need to apply their knowledge of rules and positional play in order to outwit their opponents effectively. Students require a good understanding of rules applied to game situations, as well as key tactics and strategies to use to be successful. Key skills which students will be required to demonstrate using the correct technique include passing, dribbling, set shot and lay-up, as well as an effective use of attacking and defensive principles such as half-court press and full court press.</p> <p>In this unit students will focus on further development of their skills and overall game play in handball. Students will recap the basic principles covered in year 9: developing team attacking and defending strategies and techniques using a set of core skills. Shooting principles will be looked at to develop from a basic standing shot, faking and jump shot, alongside the accompanying rules of a jump shot. Phases of play will be a focus so that students understand the need to have strategies from set play situations such as a throw in, free throw, goalkeeper distribution. Official referee hand signals will be covered so that students can officiate games effectively.</p> <p>Students will look to learn more about the positive effects of exercise on the body and how being active can lead to overall positive health. Teachers will select from a range of methods of training to enthuse and engage students with fitness so that they can be inspired to continue to look after their health, through exercise, now and when they leave school. They will learn the short term effects of exercise, about heart rates when exercising, how adaptations are made in training, and the benefits of aerobic exercise. In addition to this they will experience changes in their fitness and bodies over the 4 weeks of training.</p>	Students to use key skills within small-sided games and competitive situations effectively. Students are being assessed on whether they can complete the basic skills (passing, shooting, dribbling etc) and being able to effectively use them in competitive situations.
	Handball		Students to use key skills within competitive situations effectively. Students are being assessed their shooting technique, as well as their understanding and application of set plays effectively in competitive situations.
	Fitness option		Students will be assessed through Q & A of their understanding of the focus in each topic and their physical performance in the training methods.
25-38	Athletics	In this unit students will accurately replicate running, jumping and throwing skills for events in order to achieve a high level of performance. Students will be taught	Students will develop the skills necessary to compete

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<p>(Summer 1 and 2)</p>		<p>through guided discovery on variations of techniques and the most suitable to their needs. Students will complete each task to their maximum capability. Students will compete in short and long-distance running events.</p> <p>In this unit students will use a variety of effective tactics and strategies within game situations to outwit their opponent. Students will need to utilise their understanding of rules within games to develop effective ways to beat their opponent, as well as to umpire a competitive game. Key skills which students will be required to demonstrate using the correct technique include bowling, batting and fielding. Students will need to demonstrate the use of each key skill using a tactical knowledge to make the right decision at the right time.</p> <p>In this unit students will utilise effective techniques when batting, bowling and fielding within game situations in order to outwit their opponents. Students will need to utilise their understanding of rules within games to develop effective ways to beat their opponent, as well as to umpire a competitive game.</p>	<p>and achieve in a number of athletic events. Students will be able to be assessed on Long and Triple Jump, Shot Put, 100m, Relay, 800m, Discus and Javelin with their best three scores being taken as their grading score for this unit of work. Students will grade their success based on accurate measurements of distance and time.</p> <p>Students will be able to be assessed on their ability to bowl the ball using correct technique, their fielding and catching, their knowledge on the rules of the game and their ability to play a range of shots. To move up the grading criteria, this would be also shown in a competitive situation.</p>
	<p>Cricket</p>		
	<p>Rounders</p>		