



Year 10 Curriculum Grid

Core PE

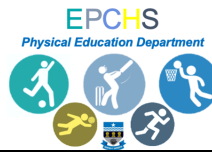


Year/Term	Unit	Intent	Skills
Overall		<p>To deliver lessons that cover a variety of sports to cater for all student interests.</p> <ul style="list-style-type: none"> • Lessons delivered at different times of the year based on seasonal weather/space/teams. • The priority is to keep students active and engaged. • Opportunities for leadership during warm-up and game related activities (strategies and tactics). • To extend and develop the same skills learned in Y7/8/9 PE. • Implement and refine core skills as a team and as individuals. • Develop more advanced skills and apply in game situations. • Plan strategies and implement them in competitive games. • Prepare mini tournaments and compete in them. • Officiate and coach in small groups. • Some lessons will be adapted depending on weather, space, and staffing. 	
Autumn	Games and Individual Activities	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none"> • Association Football • Netball • Students will cover the following: <ul style="list-style-type: none"> • Game play. • Passing and possession. • Beating a player/dribbling/dodging/1 v 1/2v2/3v2/5v5. • Attacking strategies/shooting. • Defending strategies/tackling/marking. • Badminton – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies. • Aerobics - Replicate individual technique, exercise to music, linking exercise to 	<p>Communication Resilience Problem solving Leadership Specific practical skills Set plays Strategies & tactics Social Skills Analysis and Evaluation</p>



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		<p>healthy lifestyles, lifelong participation and designing routines.</p> <ul style="list-style-type: none"> • Fitness – methods of training, principles of training, designing a fitness programme. 	
Spring	Games and Individual Activities	<ul style="list-style-type: none"> • To experience game play as part of an Interform competition (Girls – Netball/Basketball, Boys – Association Football/Basketball). • Rugby • Students will cover the following: <ul style="list-style-type: none"> • Game play. • Passing and possession. • Beating a player/dummy/dodging/1 v 1/2v2/3v2/5v5. • Attacking strategies/shooting. • Defending strategies/tackling/marketing. • Badminton – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies. • Fitness – methods of training, principles of training, designing a fitness programme. 	<p>Communication Resilience Problem solving Leadership Specific practical skills Set plays Strategies & tactics Social Skills Analysis and Evaluation</p>
Summer	Summer Games and Athletics	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none"> • Tennis – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies. • Rounders – fielding, bowling, batting, gameplay. • Softball – fielding, bowling, batting, gameplay. • Athletics – running (short and long distance), throwing, jumping. • To experience game play as part of an Interform competition (Girls – Rounders, Boys – Softball). 	<p>Communication Resilience Problem solving Leadership Specific practical skills Set plays Strategies & tactics Social Skills Analysis and Evaluation</p>