

Year 10 Core PE

Timing	Unit Title	Key Question/s	Knowledge	Assessing Understanding
Autumn /Spring		<ul style="list-style-type: none"> Can you demonstrate an advanced level of fundamental skills and fitness across a variety of sporting settings? 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 	<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>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>Assessment Point Information:</p>

		<p>Volleyball in a small sided game?</p> <ul style="list-style-type: none"> • Can you demonstrate a basic understanding of the skills and techniques required for Tag Rugby in a small sided game? • 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 	<p>Ultimate Frisbee:</p> <ul style="list-style-type: none"> • Passing techniques - forehand and backhand • 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"> • Design and deliver own circuit based on HRF or SRF • Aerobics • Exercise to Music • Strength and Conditioning • Yoga/Pilates <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 	<ul style="list-style-type: none"> • Not applicable for KS4
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	<p>advanced range of skills within small sided Handball games?</p> <ul style="list-style-type: none"> • Can you perform and choreograph a sequence to a set theme in the style of Street Dance? • 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 strokes within a competitive rally in Tennis? • Can you select 	<p>Athletics:</p> <ul style="list-style-type: none"> • Advanced knowledge of the principles of: <ul style="list-style-type: none"> ○ Middle Distance Events (800m) ○ Sprinting (100m/200m) ○ Relay ○ Throwing Events (Discus/Javelin/Shot Putt) 	<p>Knowledge & Understanding:</p> <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

		<p>and apply an advanced range of skills which are involved with athletic events?</p> <ul style="list-style-type: none"> • 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 (Long Jump/High Jump/Triple Jump) <ul style="list-style-type: none"> • Understand the rules and measuring of different athletic events, and be competent to run an event <p>Rounders:</p> <ul style="list-style-type: none"> • Backing up and support play • Increasing Batting Power • Advanced Team Batting Strategies (post loading) • 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"> • Re-cap and development of Serve and passing shots • Baseline shots • Chip and slice • Advanced strategies for 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. 	<p>into match play</p> <ul style="list-style-type: none"> • 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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