

Curriculum Overview

Subject: Physical Education
Year Group: 10

Students build on the fundamental skills in team sports and individual activities. They develop on from the initial tactics and evaluation techniques from KS3. Health and safety requirements of each activity will be delivered. Students are encouraged to demonstrate their learnt skills and tactics more predominantly through game play. Key terms are introduced in lessons and reinforced around teaching areas and in changing rooms. Students are encouraged to attend EC. Those who excel are informed of local clubs to attend and are entered in to county, regional and national competitions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Leading the three components of a warm-up.</p> <p>Students will demonstrate the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills. Students also experience officiating in all sports and take a leadership role within this.</p> <p><u>Team Sports</u></p> <p>Basketball, Rugby, Football, Netball</p> <p>Application of fundamental skills through game play and evaluation of fundamental skills learnt at KS3. Students having confidence to officiate sports.</p> <p><u>Individual Activities</u></p> <p>Fitness (includes elements of dance through Zumba type activities), Table Tennis</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Leading the three components of a warm-up.</p> <p>Students will demonstrate the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills. Students also experience officiating in all sports and take a leadership role within this.</p> <p><u>Team Sports</u></p> <p>Basketball, Football</p> <p>Application of fundamental skills through game play and evaluation of fundamental skills learnt at KS3. Students having confidence to officiate sports.</p> <p><u>Individual Activities</u></p> <p>Trampolining, Table Tennis, Athletics</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Leading the three components of a warm-up.</p> <p>Students will demonstrate the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills. Students also experience officiating in all sports and take a leadership role within this.</p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Softball</p> <p>Application of fundamental skills through game play and evaluation of fundamental skills learnt at KS3. Students having confidence to officiate sports.</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p>

Extended reading suggestions and external resources:

Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions. External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club, Southend Sapphires Netball Club.

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