**Physical Education (year 10)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Topics | Groups are assigned a facility space per half term. Class teacher engages with the group, knowing the make up of that group, to decide a consistent activity for the upcoming half term.  Health, Fitness and Lifestyle  ‘StudioU’  Badminton  Netball  Football  Basketball  Handball  Athletics  Touch Rugby  Dodgeball  Benchball  Rounders  Softball | | | |
| Assessment | Pupils are assessed using the attitude to learning grades that the school collect; co-operation, engagement, organisation, resilience. These progress from the physical, social and cognitive strands used at key stage 3, but in a manner more reflective of how lessons are approached in key stage 4. | | | |
| Linked learning | | PE builds on prior learning by getting pupils to consistently apply the skills they have learnt in key stage 3 in competitive situations that are ever changing. Tactics and strategies become the major focus, with pupils choosing from their range of skills to adapt accordingly. | | |
| Links with other subjects | | PE has cross-curricular links with a variety of subjects including Mathematics with the measuring and recording of times and distances in Athletics as well as comparing data to national norms. There are links with Science in relation to the body systems, promoting a healthy lifestyle, muscular and skeletal systems. Food Technology links with PE when discussing what should be included in a healthy diet. | | |
| Extracurricular opportunities | | Students are encouraged to take part in Extra Curricular clubs and we offer a wide range of sports every half term during lunchtime and after school. Students can represent the School competitively in a number of sports including Netball, Football, Cross Country, Athletics and Swimming, as well as a variety of others through the School Games competitions. Other recreational activities include Badminton, Dodgeball as well as House competitions. Year 10 Boys Football runs during a lunch time to increase engagement in what is generally the most popular extracurricular club. | | |
| Literacy | | Sport specific vocabulary, verbalising opinion in tactical discussion and when feeding back on performance | Numeracy | Scoring of competitions within Sport Education unit, creating groups to work with in the coaching and leadership unit, measuring of times and distances in Athletics unit  . |
| A successful learner in this subject will demonstrate | | Successful PE students will be enthusiastic and willing to fully participate in all sports delivered, using their lesson to achieve the mental benefits that physical activity can provide them with increased exam stresses around school. Successful students will be able to apply tactics to the sports being played in both a conditioned environment and a full sided game. Students will be able to logically think about tactics/strategies and adapt their plans in response to the circumstances they are in. | | |
| SMSC links | | 253. Provision for the spiritual development of pupils includes developing their:   * ability to be reflective about their own beliefs (religious or otherwise) and perspective on life * sense of enjoyment and fascination in learning about themselves, others and the world around them * use of imagination and creativity in their learning * willingness to reflect on their experiences   254. Provision for the moral development of pupils includes developing their:   * understanding of the consequences of their behaviour and actions   255. Provision for the social development of pupils includes developing their:   * use of a range of social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds * willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively   256. Provision for the cultural development of pupils includes developing their:   * willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities | | |
| Ways to support student learning in this subject | | * Encourage students to participate in extracurricular activity inside or outside of school. * Encourage students to lead a healthy active lifestyle and know what factors could have an impact on their performance in school. * Ensure students always have their PE kit even when they are not physically able to participate as their learning can be extended in alternative ways such as coaching, leading and officiating. * Have a positive attitude towards PE and encourage full participation. * Encourage interest in major sporting events such as The Olympics and World Cup * Be a positive role model. * Discuss future opportunities within PE. * Question what skill, tactics and strategies they have been taught. | | |