

## Year 10 Physical Education (core)

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Girls	Lifestyle Football	Dodgeball Handball	Badminton Basketball	Netball Aerobics	Tennis Tag Rugby	Rounders Volleyball
	Boys	Badminton Volleyball	Football Dodgeball	Basketball Rugby	Fitness 5 a-side	Softball Ultimate Frisbee	Hockey Cricket
Activities are consistent throughout the year, however the order in which all pupils cover them will vary.							

Building on Prior Learning	A steady progression follows from introduction to skills in isolation and understanding of rules to being able to understand and apply strategies and tactics for successful play. With the fundamentals, established Year 10 students are able to progress and apply all of the above to modified or fully competitive situations across a wide variety of sports. Pupils take on more responsibility for the organising of teams/events as well as the officiating of games/competitions.
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 term during lunchtime and after school. Students can represent the School competitively in a number of sports including Netball, Football, Cross Country, Athletics, Swimming, Orienteering as well as a variety of others through the School Games competitions. Other recreational activities include Badminton, Girls active, Dodgeball as well as House competitions.
A successful learner in this subject will demonstrate	Successful PE students will be enthusiastic and willing to fully participate in all sports delivered. Successful PE students will bring their prior knowledge and understanding to the lesson but remain open minded to new concepts or approaches. Students will confidently perform a variety of sports in both adapted and full-sided games. In Year 10, successful PE students will also fully embrace the differing roles within lesson offered to them such as coach, official and leader.

Impact on personal development	PE will help student's physical and mental well-being and assist with reducing stress and anxiety levels amongst students. PE promotes an opportunity for students to work on a large range of personal skills such as leadership,
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	interacting and working as a team, resilience, dealing with setbacks, adaptability and empathy of others. PE will inspire and motivate students to become lifelong participators in physical activity outside of school life.
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<b>Ways to support student learning in this subject</b>
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| <ul style="list-style-type: none"><li>• Encourage students to participate in extracurricular activity inside or outside of school.</li><li>• Reinforce the benefits using exercise as means of stress relief and as a way of socialising with friends.</li><li>• Encourage students to lead a healthy active lifestyle and know what factors could have an impact on their performance in school.</li><li>• 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.</li><li>• Have a positive attitude towards PE and encourage full participation.</li><li>• Encourage interest in major sporting events such as The Olympics.</li><li>• Be a positive role model.</li></ul> |
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