

PE Curriculum Overview

Year 10 Core PE

	Boys	Girls	Boys	Girls	Boys	Girls
Set 1	Tennis / Basketball	Dance / Rugby	Football / Rugby	Hockey / Netball	Athletics / Handball	Football / Athletics
Set 2	Football / Handball	Basketball / Football	Basketball / Rugby	Netball / Hockey	S&F / Cricket	Rugby / Rounders
Set 3	Handball / Fitness	Fitness / Netball	Tennis / Football	Dance / Rugby	S&F / Cricket	Basketball / Rounders
Set 4	Cricket / Tennis	Netball / Tennis	Fitness / Basketball	Fitness / Dance	Basketball / Handball	Hockey / Rounders
Knowledge Overview	Topics 1&2 (1 block per Half Term)		Topics 3&4 (1 block per Half Term)		Topics 5&6 (1 block per Half Term)	
	Knowledge of Specific Sport / Physical Activity (Please refer to Year 10 Core PE Key)		Knowledge of Specific Sport / Physical Activity (Please refer to Year 10 Core PE Key)		Knowledge of Specific Sport / Physical Activity (Please refer to Year 10 Core PE Key)	
Skills Overview	Topics 1&2 (1 block per Half Term)		Topics 3&4 (1 block per Half Term)		Topics 5&6 (1 block per Half Term)	
	Core Skills / Advanced Skills (Please refer to Sport specific sheets)		Core Skills / Advanced Skills (Please refer to Sport specific sheets)		Core Skills / Advanced Skills (Please refer to Sport specific sheets)	

Year 10 Core PE key

- At KS4 students are encouraged in core PE lessons to take greater responsibility for the positive choices they make to follow an active, healthy lifestyle and embed lifelong habits of participation in physical activity. To support this each activity block students, decide with staff guidance which activities they are to undertake, which whilst still offering a wide breadth of study enables students to focus on physical activities, they have a passion for.
- These option blocks also enable the curriculum offer provided to students to be flexible to best meet students needs through use of student voice.
- Through option blocks students get opportunities to participate in the following categories of physical activity:
 - Team based sports
E.g. Football / Netball / Rugby / Hockey / Handball
 - Individual sports
E.g. Table Tennis / Athletics / Dance / Gymnastics
 - Health & Fitness focused sessions.
E.g. Fitness suite sessions / Yoga / Circuit Training
 - New/modern physical activities
E.g. Tchoukball / Ultimate Frisby
 - Leadership
E.g. Sports Leaders Awards

Knowledge Overview (Knowledge and understanding, Feedback & Analysing Performance)

- *Students will be able to apply in-depth knowledge of the rules/laws/regulations.*
- *Students will be able to explain how the body works before, during and after exercise using key terminology.*
- *Students will be able to apply knowledge of formations, tactics and strategies into competitive situations.*
- *Students will be able to evaluate performances indicating strengths and areas for improvement and be able to give helpful feedback.*
- *Students will be able to explain the benefits of following an active, healthy lifestyle and the importance of imbedding lifelong habits of participation in physical activity.*
- *Students will be able to explain opportunities available to continue to be physically active inside and outside of school including sporting links within the local community.*

Skills Overview (Skill development)

- *Students will be taught core and advanced skills within a pressurised and competitive situation (Sport Specific criteria highlighted on previous pages).*

PE Curriculum Overview

Year 11 Core PE

	Boys	Girls	Boys	Girls	Boys	Girls
Set 1	Athletics / Basketball	Athletics / Netball	Football / Rugby	Basketball / Rugby	Options	Options
Set 2	Football / Handball	Basketball / Football	Rugby / T'Tennis	Netball / Hockey	Options	Options
Set 3	T'Tennis / Fitness	Fitness / Dance	Handball / Football	T'Tennis / Netball	Options	Options
Set 4	Basketball / T'Tennis		Fitness / Football		Options	
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	Core Skills / Advanced Skills (Please refer to Sport specific sheets)		Core Skills / Advanced Skills (Please refer to Sport specific sheets)		Core Skills / Advanced Skills (Please refer to Sport specific sheets)	

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