






Year 10 Physical Education Curriculum

Skill Development	Analysis of performance	Tactics and strategies	Healthy, active lifestyles	Anatomy and Physiology
Engage in competitive sports and activities. Develop technique & improve performance. Broad range of physical activities.	Analyse (KS3) and evaluate (KS4) performances.	Use a range of tactics and strategies.	Lead healthy, active lifestyles.	
				
In Year 10 students will develop their knowledge of sports specific skills in the activities listed and be able to perform these in opposed and pressurised situations, with a focus on full game play / performance in several practical activities.	Students will use their knowledge to explain how performance can be improved through specific practices. Use basic and advanced terminology confidently and consistently with the activities which they participate in.	Students will use their knowledge to perform as an official in a number of different roles and activities. Students will use their knowledge to select and use appropriate tactics in sporting activities to enable students to outwit opponents, perform aesthetically or problem solve.	Students will be able to identify characteristics of a healthy, balanced lifestyle (physical activity, nutrition, mental well-being and sedentary lifestyle) Explain what would happen to performance if relevant components of fitness are missing. Each term all students will have the opportunity to participate in a range of extra-curricular activities. We would encourage students to commit to their preferred activities throughout the year.	Identify the movements which take place at the knee and elbow.

Activity rotations: Each teaching group will rotate around a number of different activities throughout the year to allow the above to be taught through practical experiences. These activities include OAA (outdoor and adventurous activities), dance, table tennis, football, netball, rugby, fitness, handball, striking and fielding activities and athletics.