

Year 10 PE - Core

In the Year 10 programme of study learning continues to take place through a spiral curriculum using a range of activities on a rotation (based around facilities). Activities build on prior learning from Year 7-Year 9 to challenge students to develop skills, gain new knowledge and apply it in highly competitive and challenging situations with greater independence and creativity. Students have more choice about their direction of their learning, which involves building more advanced specialist knowledge in some activities and acquiring new knowledge in other activities.

| Methods of deepening and securing knowledge: (these will be amended if not all aspects are covered – there is no expectation they will be) | |
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| Retrieval practice | Regular retrieval tasks are used in lessons to support students in recalling key information such as rules and tier 3 words from previous lessons. |
| Spaced practice | Some retrieval tasks are spaced over time to support students in recognising links/key learning from earlier years and activities. |
| Dual coding | Dual coding techniques used for some activities to help students remember key moves (e.g. aerobic steps, yoga poses) and signals (e.g. officiating signals in games). |

| Activity | Year 10 | Assessment | |
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| Football | <ul style="list-style-type: none"> - Using depth to create an attack - Closing down players and pressing as a team - Counter attacking - Wing play and crossing balls into the box | <ul style="list-style-type: none"> - Defending and attacking balls into the box - Defending free kicks around the box - GK skills (taking crosses)* - Rules e.g. offside, fouls on GK - 11v11 full-sided games | - Apply skills, tactics and rules in games (teacher/peer/self) |
| Handball | <ul style="list-style-type: none"> - Catching (one handed stationary and on the move) - Passing (feint pass on the move) - Dodging and creating space - Jockeying, blocking and tackling - Shooting (hip shot) | <ul style="list-style-type: none"> - GK skills (catching and keeping possession) - More rules e.g. holding/contact, 3 secs, penalty throw, GK rules - Positions, roles and team formations - 6v6/7v7 games on full court | |
| Hockey | <ul style="list-style-type: none"> - 3D attacking skills and flick pass - Channelling (away from goal) - 1v1 on goal - Use of width and depth in attack | <ul style="list-style-type: none"> - Positions and team formations - GK skills (positioning, kicking and shot stopping)* | - Apply skills, tactics and rules in games (teacher/peer/self) |

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| | <ul style="list-style-type: none"> - Man-to-man marking as a team - Long corner routines (attacking and defending) | <ul style="list-style-type: none"> - Rules e.g. inside 23m area, long corners - Building to 11v11 full-sided games | |
| Netball | <ul style="list-style-type: none"> - Running pass - Using width and depth in the court to attack - Tight marking and doubling up - Shooting (from distance/acute angles) | <ul style="list-style-type: none"> - Stacking - Centre pass routines - Defending centre passes - Rules e.g. over a third, delaying play - Application of skills and rules in full 7-a-side games | - Apply skills, tactics and rules in games (teacher/peer/self) |
| Rugby | <ul style="list-style-type: none"> - Set attacking moves e.g. switch/miss passing - Set defensive moves e.g. blitz and drift defence - Mauls (body position, binding, retaining the ball) | <ul style="list-style-type: none"> - Counter mauls - 5v5 scrum (contested) - Line outs (lifting - no contest) - Rules e.g. line outs, mauls - Up to 15-a-side full games | - Apply skills, tactics and rules in games (teacher/peer/self) |
| Badminton | <ul style="list-style-type: none"> - Using service variation to outwit opponents - Smash - Drop shot (backhand) - Attacking shot sequences e.g. drop/net/clear/smash | <ul style="list-style-type: none"> - Exploiting the front and back court to outwit opponents in full court singles - Application of tactics in full court competitive singles competitions | - Apply skills, tactics and rules in games (teacher/peer/self) |
| Volleyball | <ul style="list-style-type: none"> - Volley shot (straight, sideways) - Dig shot (one arm, receiving from serve) - Tip shot - Serving (overarm) | <ul style="list-style-type: none"> - Blocking (single) - Rules e.g. scoring and serving, blocking rules - Application of tactics in small 4v4/5v5 games | |
| Fitness | <ul style="list-style-type: none"> - Aerobic and anaerobic exercise - Methods of monitoring exercise intensity (RPE, HR, 1RM) - Calculating HR zones - Calculating 1RM | <ul style="list-style-type: none"> - Planning own training sessions - Reviewing own training sessions - Monitoring and evaluating training progress | - Effort and performance in training sessions (teacher/peer/self) |

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| Gymnastics | <ul style="list-style-type: none"> - Advanced rolls (backwards roll, handstand to forward roll) - Other advanced agilities (forward and backward walkover, one-handed cartwheel) - Use of specialist apparatus e.g. beam and/or floor for solo performance | <ul style="list-style-type: none"> - Advanced compositional principles and choreography to music - Grading criteria and tariffs for floor and beam | <ul style="list-style-type: none"> - Solo performance using floor/beam (teacher/peer/self) |
| Parkour | <ul style="list-style-type: none"> - More advanced core stability, strength and balance exercises - Precision jumps (onto, off and from low/high obstacles, combined with safety roll) - Rolls (standing) - Cat leap | <ul style="list-style-type: none"> - Tac (with/without supporting hand) - Balancing (narrow, high obstacles) - Vaulting (speed, monkey/kong) - Combining moves in longer sequences around more challenging courses | <ul style="list-style-type: none"> - Solo performance of a parkour sequence using obstacle course (teacher/peer) |
| Athletics | <ul style="list-style-type: none"> - Training in specialist events using advanced techniques and performance analysis - Sport Education: Team management to improve individual and team performances in a competition season. | <ul style="list-style-type: none"> - Performance in a pentathlon event (5 events: at least 1 run, 1 jump and 1 throw plus 2 from any category) | <ul style="list-style-type: none"> - Solo/team performance in chosen events (teacher/peer/self) |
| Cricket | <ul style="list-style-type: none"> - Dive catching - Wicket keeper recovery work (missed stumps) - Batting (cut, sweep) - Spin/medium/fast bowling (full run up, line, length and variation) | <ul style="list-style-type: none"> - Setting defensive fields to prevent boundaries - Setting attacking fields to restrict runs - Basic tactics in pairs and full games | <ul style="list-style-type: none"> - Apply skills, tactics and rules in games (teacher/peer/self) |
| Rounders | <ul style="list-style-type: none"> - Backstop and post player recovery work (missed balls) - Bowler, backstop, 1st post play - Backing up - Batting (backhand shot) - Bowling (spin) | <ul style="list-style-type: none"> - Rules e.g. penalty rounders, losing contact with a post - Setting the field to prevent full rounders - Setting the field to get batters out at 1st | <ul style="list-style-type: none"> - Apply skills, tactics and rules in games (teacher/peer/self) |

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| | | - Basic tactics in a full games | |
| Softball | <ul style="list-style-type: none"> - Catching (distance) - Throwing to a base (distance) - Ground fielding (close, distance)/retrieving on the move - Batting (linear, punting) | <ul style="list-style-type: none"> - Pitching (basic action, height) - Rules e.g. innings, foul balls, pitching - Main fielding positions and tactics in games | - Apply skills, tactics and rules in games (teacher/peer/self) |
| Basketball | <ul style="list-style-type: none"> - Catching - Basic dribbling - Passing (chest, bounce, overhead) - Triple-threat position - Footwork (jump stop and pivot) | <ul style="list-style-type: none"> - Dodging and creating space - Shooting (set shot, lay up) - Basic rules e.g. start/ restart, scoring, contact, double dribble, travelling, sideline ball, free pass - 3v3/4v4 games | - Apply skills, tactics and rules in games (teacher/peer/self) |
| Tchoukball | <ul style="list-style-type: none"> - Ball familiarisation - Catching - Throwing (underarm, overarm) - Basic footwork and turns - Touch and go | <ul style="list-style-type: none"> - Basic shooting e.g. power shots - Basic rules e.g. start/ restart, 3 seconds, 3 passes, 3 steps, no interceptions, non-contact - 3v3/5v5 games | - Apply skills, tactics and rules in games (teacher/peer/self) |
| Frisbee | <ul style="list-style-type: none"> - Basic grips (fan/power) - Basic backhand throw - Catching (crocodile/ crab) - Basic footwork and pivoting - Backhand 'skip curve' throw - Keeping possession | <ul style="list-style-type: none"> - Scoring (catching in the zone) - Intercepting - 1-1 marking - Basic rules e.g. scoring, no running, out of bounds, turnovers, non-contact - 5v5 games | - Apply skills, tactics and rules in games (teacher/peer/self) |
| Orienteering | <ul style="list-style-type: none"> - Orientating the map to the terrain - Reading features on a map - Thumbing the map - Choosing the best/quickest route - Using check points | <ul style="list-style-type: none"> - Using attack points - Star courses - Score courses - Numbers and words courses - Short course competitions (6-8 points) | - Solo/team performance in a range of courses and competitions (teacher) |
| Aerobics | <ul style="list-style-type: none"> - Warm up and cool down (structure, routines) - Basic steps e.g. marching, step touch, side steps, heel digs, knee lifts | <ul style="list-style-type: none"> - Basic choreographed steps e.g. grapevines, leg curls, box step - Short routines (4-8 moves) - Adapting routines e.g. changing reps, adding arm actions | - Solo/group performances in basic routines (teacher/peer/self) |

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| | <ul style="list-style-type: none"> - Basic arm actions e.g. bicep curls, reach overs | <ul style="list-style-type: none"> - Short choreographed routines to music | |
| Boxercise | <ul style="list-style-type: none"> - Warm up and cool down (structure, routines) - Basic punches (jab, cross, uppercut, hook) - Basic padwork (positions for different punches) - Basic combinations e.g. jab-cross, jab-jab, uppercut | <ul style="list-style-type: none"> - Other moves e.g. skipping, shuttle runs, sit ups - Simple boxercise class setup (lines, simple circuits) - Short boxercise sessions (5-15 minutes) | <ul style="list-style-type: none"> - Effort and performance in training sessions (teacher/peer/self) |
| Circuits | <ul style="list-style-type: none"> - Warm up and cool down (structure, routines) - Basic bodyweight exercises e.g. ab curls, dips, press ups, planks, squats, lunges - Basic dumbbell exercises e.g. bicep curls, shoulder press, upright row, lateral raises, squats | <ul style="list-style-type: none"> - Basic circuit training principles (reps, sets, circuits, rest) - Simple circuits and short sessions (10-20 minutes) - Planning and performing own circuit training sessions | <ul style="list-style-type: none"> - Effort and performance in training sessions (teacher/peer/self) |
| Yoga | <ul style="list-style-type: none"> - Basic yoga session structure (warm up, sequence work, cool down/relaxation) - Basic yoga moves e.g. mountain, cat/cow, warrior, cobra, tree, plank, triangle, forward bend, downward facing dog, bridge, child's pose, corpse | <ul style="list-style-type: none"> - Short flow sequences e.g. mountain-forward fold-plank-downward dog, cat-cow-cobra-child's pose - Yoga for flexibility sessions - Yoga for strength sessions - Simple choreographed routines to music | <ul style="list-style-type: none"> - Solo/group performances and leading routines (teacher/peer/self) |