

Year: 10 Core PE

Subject: Health Sport & Exercise

Autumn Term		
Overarching Topic: Leadership		
What has come before and what comes later:	The students have experienced a range of activities across years 7-9, during this time they will have developed their ability to perform skills across these sports and had the opportunity to place these skills into competitive situations. They will have developed an understanding of the rules, tactics and understand how we exercise safely. In KS4 they can further develop their application of skills, whilst implementing more advanced tactics. They will now look to refine their ability to apply skills with good levels of success whilst developing their leadership skills.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none">• What is the role of a leader?• How can I communicate effectively?• What can I use to help my peers understand what I am explaining?• How can I help those who are struggling?• How can I make other people feel good about what they are doing?• In cricket how can I change my deliveries of the ball to help outwit the opponent?• How can we set the field to help outwit the opposition?• How do you play a reverse sweep?• How can we ensure we utilise the scoring of ones and twos to help increase our score?• Why might a wicket keeper change where they stand in cricket?• How do I perform a reverse hit in rounders?• How can I effectively use a reverse hit in rounders?	<ul style="list-style-type: none">• What is the right skill to apply and why?• What impact did changing our tactics have?

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	<ul style="list-style-type: none"> • How does the position of my feet in rounders affect where the ball goes? • How can I gain more speed when sprinting? • How can I transfer my weight more to gain a greater distance when throwing the discus, shot and javelin? • How can you use a moving approach to the throwing events in athletics? • What is the best way to hand over the baton in relay? • What is the opposition doing well? • How can we change our tactics to change the game? • How can I improve my performance of each key skill? • How can I improve my application of skills? • What information can I use to assist my decision making? • How do I know if the decisions I made are correct? • What knowledge of performance can I use? 	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none"> • Rounders - Feilding – quick pick up, short & long barriers, throwing the ball – short & long distances, backstop & bowling • Rounders – Batting • Cricket - Feilding – quick pick up, short & long barriers, throwing the ball – short & long distances, wicket keeping & bowling • Cricket – batting • Running for distance 	<p>Develop through:</p> <ul style="list-style-type: none"> • Demonstrations • Part practice • Isolated drills • Conditioned games • Competitive play <p>Demonstrate:</p> <ul style="list-style-type: none"> • Performing set skills with control and accuracy

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	<ul style="list-style-type: none">• Running for speed• Jumping for distance• Throwing events – discus, javelin and shot• Critical analysis of self & peers• Leadership• Teamwork• Oral communication• Empathy	<ul style="list-style-type: none">• Apply skills to competitive situations with some success• Lead warm-ups, drills and conditioned games• Apply some tactics successfully• Support their peers with advice/words of encouragement• Officiate demonstrating good knowledge of rules
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Spring Term		
Overarching Topic: Decision making		
What has come before and what comes later:	Previously they will have experienced a series of activities enabling them to further develop their application of skills, whilst implementing more advanced tactics. During the autumn term they will have begun to develop their leadership skills and they may have taken on small aspects of officiating. They will now look to refine their ability to apply skills with good levels of success whilst exploring the importance of decision making.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none">• How can we be more effective with our communication?• What types of leadership can we use?• How can we support our peers?• How can we use the plan-do -review process?• What does good teamwork look like?• What impact does fitness training have on our health and well-being?• How can we make our training harder?• What are the principles of training?• What are the different types of training?• How can we make our training interesting and stop boredom (tedium)?• How can we make our training specific?• How can we use targets to help us train?• What tactics can we use to outwit our opponents?• How can I use the serve to help our team outwit our opponents?• How can we serve over arm in volleyball?• How do we officiate in volleyball?	<ul style="list-style-type: none">• Why did a certain tactic have that impact?• What impact does my areas of strength have on my/our performance?

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	<ul style="list-style-type: none">• How can we utilise set pieces in volleyball to help outwit our opponents?• How do you rotate in volleyball?• What impact does volleyball have on our health and well-being?• How can we utilise set pieces to help us outwit our opponents?• What set pieces can we have?• How do we know if our set pieces are effective?• How can we alter our formation to help us outwit our opponents?• How do we decide what to do when we receive have the ball in our possession?• How can we support our teammates?• What is the correct technique used for a layup?• How can you gain maximum height when performing a rebound?• How can we legally steal the ball in basketball?• What are the rules relating to fouls in basketball?• In basketball what is a backcourt violation?• How can I make my routine more aesthetically pleasing?• How do I decide what skills to place in a routine?• How can I get more aesthetic lines when performing pikes and straddles?• How can I ensure my routine scores highly?• How is a trampoline routine scored?• How can I assist with the safety of others when taking part in trampolining?	
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	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none">• Passing and receiving in open situations• Officiating• Critical analysis of self & peers• Trampolining: basic bounce, shapes, seat drop, swivel hips, front somersault & back somersault• Volleyball: set, dig, volley, block & two types of service• Basketball: dribbling, passing & receiving, shooting, rebounding, blocking and stealing• Handball: passing, receiving, shooting, defending & goal keeping	<p>Develop through:</p> <ul style="list-style-type: none">• Part practice• Isolated drills• Conditioned games• Competitive play <p>Demonstrate:</p> <ul style="list-style-type: none">• Performing set skills with control and accuracy• Apply skills to competitive situations with some success• Apply some tactics successfully• Officiate demonstrating good knowledge of rules

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Summer Term		
Officiating		
What has come before and what comes later:	Previously the students will have completed a series of activities to develop their application of skills, whilst implementing more advanced tactics. During the spring term they will have begun to consider the importance of decision making, and how effective communication is key in problem solving activities. They will now look to refine their ability to apply skills with good levels of success whilst developing their ability to officiate and analyse performance of self and peers.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none">• What is the role of the official?• What are the rules of this sport?• What does good officiating look like?• How can we remain nonbiased as an official?• How should we treat officials?• What is running footwork?• How can we utilise set pieces to help us outwit our opponents?• What is double marking?• When might you use double marking in a game?• How can we apply different tactics throughout a game to help us outwit our opponents?• How do we know if set plays are effective?• How do you catch a low flying frisbee?• How do you catch a high flying frisbee?• How do you throw a frisbee?• What different types of throws are there?• When should you use the different types of throws?• How do you defend a player who has the disc?	<ul style="list-style-type: none">• What impact does my areas of weakness have on our/my performance?

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	<ul style="list-style-type: none">• How do you score?• What are the rules relating to the start of competitive swimming races?• What are the rules relating to the finish of competitive swimming races?• What are the rules relating to the turns of competitive swimming races?• What are the rules relating to the changeovers in a medley relay race?• How can I ensure I get a good start in swimming?• What is the correct technique for a race entry?• What are the correct techniques use to turn in: breaststroke, backstroke, frontcrawl & butterfly?• How can I use choreographic devices to make our dance more aesthetically pleasing?• How can we use changes in relationships during a dance performance?• How can we use dance to convey a message?• In basketball what is a backcourt violation?• How can I help my peers to perform better?• What are my areas of strength and weakness?• How can we help more people become involved in physical activity?• How can I improve my performance of each key skill?• How can I improve my application of skills?• What information can I use to assist my decision making?• How do I know if the decisions I made are correct?• What knowledge of performance can I use?	
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	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none">• Officiating• Critical analysis of self & peers• Swimming: entry into the pool, tumble turns & all strokes• Netball: passing, receiving, footwork, dodging, shooting, marking• Ultimate frisbee: passing, receiving, defending/marking• Football: passing, receiving, dribbling, tackling, heading, shooting & goal keeping	<p>Develop through:</p> <ul style="list-style-type: none">• Part practice• Isolated drills• Conditioned games• Competitive play <p>Demonstrate:</p> <ul style="list-style-type: none">• Performing set skills with control and accuracy• Apply skills to competitive situations with some success• Apply some tactics successfully• Officiate demonstrating good knowledge of rules