

Physical Education Curriculum Overview– Year 10

In Year 10 students specialise in sports specific skills and practice these in **pressurised and competitive situations** through different activities on a rotation throughout the year. Students continue to build upon knowledge of analysis of performance, tactics and strategies, healthy, active lifestyles and anatomy and physiology.

		Analysis of Performance	Tactics and Strategies		Healthy, active lifestyles	Anatomy and Physiology															
Knowledge & Skills		<p>Explain how performance can be improved through specific practices.</p> <p>Use basic and advanced terminology confidently and consistently.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Suggest practices which can be used to improve performance • Uses basic and advanced sport specific terminology confidently and consistently </div>	<p>Students will use their knowledge of the rules to perform as an official in a number of the activities that they participate in.</p> <p>Students will select and use appropriate tactics in each activity to outwit opponents, perform aesthetically or problem solve.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Perform as an official in a number of different activities • Select and use appropriate tactics </div>		<p>Students will be able to:</p> <ul style="list-style-type: none"> • Identify characteristics of a healthy, balanced lifestyle • Describe what would happen to performance if components of fitness are missing from activities <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Describe the things we can do to live a healthy, balanced lifestyle • Describe the negative impact on sport if components of fitness are poor. </div>	<p>Students will be able to identify movements which take place at the knee and elbow.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Describe what flexion and extension are </div>															
	Sport Specific skills	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="writing-mode: vertical-rl; transform: rotate(180deg);">Boys</td> <td style="text-align: center;">Football</td> <td style="text-align: center;">Rugby</td> <td style="text-align: center;">Athletics</td> </tr> <tr> <td></td> <td> <ul style="list-style-type: none"> • Passing • Ball control • Dribbling • Turning • Shooting • Defending • Crossing and finishing • Creating space </td> <td> <ul style="list-style-type: none"> • Passing • Catching • Tackling • Playing the ball • Evasion • Defending • Support play • Creating space </td> <td> <ul style="list-style-type: none"> • Sprinting • Pacing • Jumping • Throwing </td> </tr> </table>	Boys	Football	Rugby	Athletics		<ul style="list-style-type: none"> • Passing • Ball control • Dribbling • Turning • Shooting • Defending • Crossing and finishing • Creating space 	<ul style="list-style-type: none"> • Passing • Catching • Tackling • Playing the ball • Evasion • Defending • Support play • Creating space 	<ul style="list-style-type: none"> • Sprinting • Pacing • Jumping • Throwing 	Striking & Fielding		<ul style="list-style-type: none"> • Throwing • Catching • Bowling • Batting • Running • Fielding 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Basketball</td> <td style="text-align: center;">Table Tennis</td> </tr> <tr> <td> <ul style="list-style-type: none"> • Passing • Catching • Dribbling • Shooting • Defending • Attacking </td> <td> <ul style="list-style-type: none"> • Stance & grip • Push shot • Serve • Spin • Drive shot • Ball control </td> </tr> <tr> <td style="text-align: center;">Netball</td> <td style="text-align: center;">Dance</td> </tr> <tr> <td> <ul style="list-style-type: none"> • Ball handling • Running step • Backline passes • Centre passes • Shooting • Interceptions </td> <td> <ul style="list-style-type: none"> • Motif development • Actions • Space • Dynamics • Relationships </td> </tr> </table>	Basketball	Table Tennis	<ul style="list-style-type: none"> • Passing • Catching • Dribbling • Shooting • Defending • Attacking 	<ul style="list-style-type: none"> • Stance & grip • Push shot • Serve • Spin • Drive shot • Ball control 	Netball	Dance	<ul style="list-style-type: none"> • Ball handling • Running step • Backline passes • Centre passes • Shooting • Interceptions
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See next page for “Beyond The Curriculum”

Beyond The Curriculum

Suggested Places to visit

- Headingley stadium, Leeds
- Sheffield's English Institute of sport
- Old Trafford stadium, Manchester
- National Football museum, Manchester
- British Sports museum

Websites to explore

- www.thefa.com
- www.rugby-league.com
- www.britishathletics.org.uk
- www.ecb.co.uk
- www.roundersengland.co.uk
- www.britishorienteeing.org.uk
- www.ballet.org.uk
- www.englandnetball.co.uk
- www.tabletennisengland.co.uk
- www.skysports.com
- www.bbc.co.uk/sport

Enrichment clubs

- Football
- Rugby
- Athletics
- Rounders
- Cricket
- Table tennis
- Fitness
- Netball

Competitions and school trips

- Calderdale competitions (varied sports)
- West Yorkshire competitions (varied sports)
- English schools competitions (through qualification)
- Trips to watch professional fixtures