

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		Explain how performance can be improved through specific practices. Use basic and advanced terminology confidently and consistently. Assessment - Suggest practices which can be used to improve performance - Uses basic and advanced sport specific terminology confidently and consistently	Students will use their knowledge of the rules to perform as an official in a number of the activities that they participate in. Students will select and use appropriate tactics in each activity to outwit opponents, perform aesthetically or problem solve. Assessment - Perform as an official in a number of different activities - Select and use appropriate tactics		Students will be able to: - Identify characteristics of a healthy, balanced lifestyle - Describe what would happen to performance if components of fitness are missing from activities Assessment - Describe the things we can do to live a healthy, balanced lifestyle - Describe the negative impact on sport if components of fitness are poor.	Students will be able to identify movements which take place at the knee and elbow. Assessment Describe what flexion and extension are	
Sport Specific skills	Boys	Football - Passing - Ball control - Dribbling - Turning - Shooting - Defending - Crossing and finishing - Creating space	Rugby - Passing - Catching - Tackling - Playing the ball - Evasion - Defending - Support play - Creating space	Athletics - Sprinting - Pacing - Jumping - Throwing	Striking & Fielding - Throwing - Catching - Bowling - Batting - Running - Fielding	Basketball - Passing - Catching - Dribbling - Shooting - Defending - Attacking	Table Tennis - Stance & grip - Push shot - Serve - Spin - Drive shot - Ball control
	Girls					Netball - Ball handling - Running step - Backline passes - Centre passes - Shooting - Interceptions	Dance - Motif development - Actions - Space - Dynamics - Relationships

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.britishorienteering.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
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