



Curriculum Plans – Year 10 - Physical Education

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 10 in Key Stage 4.

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7
Topic	<p>Volleyball/ Adventure Days</p> <p>Technical/Tactical: underhand serve, dig, set, spike and play to space. Students will produce balance, agility, coordination, power, and improved reaction time. Psychological: positive approach to play and concentration. Social: working independently and communicating rules. Students will analyse their technique and improve their performance making contact with the volleyball, using underarm and overarm techniques and will use and develop a variety of tactics and strategies to overcome opponents in team and individual games. Students will analyse their serving technique. Students take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Planning for tomorrow: discussions of how sporting facilities and sporting events are turning towards clean energy.</p>	<p>Badminton/ Swimming</p> <p>Technical/Tactical: service, drop shot, and playing to space. Students will produce balance, agility, coordination, power, and improved reaction time. Psychological: positive approach to play and concentration. Social: working independently, communicating rules. Students will analyse their technique and improve their performance making contact with the shuttle, using underarm and overarm techniques. Students will use and develop a variety of tactics and strategies to overcome opponents in team and individual. Students will analyse their serving technique. Students will swim competently and confidently using a range of strokes over a distance of at least 25 metres. Students can perform safe self-rescue in different water-based situations. World around us: discussions on Black History Month and athletes who used sport for positive social change.</p>	<p>Tennis</p> <p>Technical/Tactical: service, forehand, backhand, volley, and playing to space. Students will produce balance, agility, coordination, power, and improved reaction time. Psychological: positive approach to play and concentration. Social: working independently and communicating rules. Students will analyse their technique and improve their performance making contact with the tennis ball, and using forehand and backhand and volley techniques. Students will use and develop a variety of tactics and strategies to overcome opponents in team and individual. Students will analyse their serving technique. Better together: discussions on identifying injustices in the world of sports.</p>	<p>Floor Hockey/ Adventure Day</p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under pressure. Students will produce speed, agility, power, and improved reaction time. Psychological: positive approach to play and concentration. Social: teamwork and managing success and team failure. Students will participate in team games using and developing a variety of tactics and strategies to overcome opponents. Students take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. The working world: discussion on innovations in sport.</p>	<p>Handball</p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under pressure. Students will produce speed, agility, power, and improved reaction time. Psychological: positive approach to play and concentration. Social: teamwork and managing success and team failure. Students will participate in team games using and developing a variety of tactics and strategies to overcome opponents. Opportunities for everyone: discussing proactive behaviours that make people from all backgrounds feel welcome.</p>	<p>Ultimate Frisbee /Adventure Days</p> <p>Technical/Tactical: passing, footwork, shooting, positional play, marking, defending, and decision making. Students will produce agility, balance, and improved coordination. Psychological: positive approach to play and concentration. Social: teamwork and managing individual success and failure. Students will participate in team games using and developing a variety of tactics and strategies to overcome opponents. Students take part in outdoor and adventurous activities which present intellectual and physical challenges and are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Keep it green, keep it clean: discussion on ways professional sports are going green.</p>	<p>Cricket, Athletics, Sports Days & BISL Olympics</p> <p>Technical/Tactical: passing, receiving, striking, and feilding. Students will produce speed, agility, and improved reaction time. Psychological: positive approach to play and concentration. Social: teamwork and managing success and failure. Students will demonstrate throwing and catching in isolation and in combination as well as apply balance, agility and coordination. Students will produce these skills in co-operative and competitive physical activities. Students will analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best with running, jumping, and throwing through a range of athletics competitions during sports days. Healthy body: healthy mind: discussions on the relationship between nutrition, exercise, sleep patterns and mental health.</p>
Assessments	Badminton Assessment Fitness Assessment	Tennis Assessment Swimming Assessment	Volleyball Assessment Fitness Assessment	Football Assessment	Handball Assessment Fitness Assessment	Netball Assessment	Cricket Assessment Athletics Assessment