

Subject: Physical Education

Year 10

<u>Autumn HT 1</u>	<u>Autumn HT 2</u>	<u>Spring HT 1</u>	<u>Spring HT 2</u>	<u>Summer HT 1</u>	<u>Spring HT 2</u>
<p>Group 1 (Mixed) Team Games (Teamwork and Organisation)</p> <p>Group 2 (Mixed) Team Games (Teamwork and Organisation)</p>	<p>Group 1 (Mixed) Racquet Sports (Leadership & Communication)</p> <p>Group 2 (Mixed) Racquet Sports (Leadership & Communication)</p> <p>All groups Orienteering (Problem Solving)</p>	<p>Group 1 (Mixed) Health for Life- Physical Training (Developing a Healthy Active Lifestyle)</p> <p>Group 2 (Mixed) Health for Life- Physical Training (Developing a Healthy Active Lifestyle)</p>	<p>Group 1 (Mixed) Handball (Teamwork and Organisation)</p> <p>Group 2 (Mixed) Handball (Teamwork and Organisation)</p>	<p>Boys Health for Life (Physical, Social, Mental) (Development of Personal Health)</p> <p>Girls Health for Life (Physical, Social, Mental) (Development of Personal Health)</p>	<p>Group 1 (Mixed) Rounders/ Cricket (Leadership & Communication)</p> <p>Group 2 (Mixed) Rounders/ Cricket (Leadership & Communication)</p>
<p><u>Mixed Team Games</u> <u>Dodgeball</u></p> <ul style="list-style-type: none"> • To understand the importance of teamwork and organisation in the wider world beyond school and follow and implement the rules outlined. • To organise teams effectively before and during game play and organise the scoring system for the tournaments • To follow and implement the rules outlined and organise teams effectively before and during game play • To organise and implement new rules 	<p><u>Badminton</u></p> <ul style="list-style-type: none"> • To understand the importance of communication in the wider world beyond school and follow and implement the rules outlined- half court singles. • To apply communication skills effectively to organise a badminton tournament and follow the rules outlined- doubles. • To understand and communicate the scoring of a tournament, including timings. 	<p><u>Physical Training (HFL)</u></p> <ul style="list-style-type: none"> • To understand the government guidance and the effects of a sedentary lifestyle. To complete an interval training (HIIT) session to the best of your ability. • To calculate your training zone and try to reach this during a continuous training session • To understand the different components of fitness and how they can be trained. 	<p><u>Handball</u></p> <ul style="list-style-type: none"> • To understand the importance of teamwork and organisation in the wider world beyond school and follow and implement the rules outlined. • To organise teams effectively before and during game play and organise the scoring system for the tournaments • To follow and implement the rules outlined and organise teams effectively before and during game play 	<p><u>Health for Life (HFL)</u></p> <ul style="list-style-type: none"> • To understand the term 'calorie' and understand how many calories are used in a short exercise session. • To further understand the link between calories and exercise • To communicate effectively with peers to achieve a goal • Develop knowledge and understanding of the terms 'mental wellbeing' and 'mindfulness' • To apply the yoga etiquette in performing a yoga flow routine; sun salutation 	<p><u>Rounders/Cricket</u></p> <ul style="list-style-type: none"> • To understand the importance of leadership and communication in the wider world beyond school and follow and implement the rules outlined- rounders/cricket games • To apply the leadership/ communication skills effectively to organise a badminton tournament and follow the rules outlined- doubles. • To understand and communicate the

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<p>following team consultations</p> <ul style="list-style-type: none"> • To follow and implement the rules outlined and organise teams effectively before and during game play • Demonstrate effective organisation and teamwork during the activity. <p><u>Further examples:</u> <u>Capture The Flag/Tag Rugby/ Bench Ball/ Ultimate Frisby/Smash ball</u> – run on a two-week carousel.</p>	<p><u>Table Tennis</u></p> <ul style="list-style-type: none"> • To recap on the importance of leadership/ communication in the wider world beyond school and follow and implement the rules outlined- singles. • To apply communication/ leadership skills effectively to organise a table tennis tournament and follow the rules outlined- doubles. • To understand and communicate the scoring of a tournament, including timings. <p><u>Orienteering</u></p> <ul style="list-style-type: none"> • To apply different tactics and strategies within a set of rules to solve problems quickly and accurately. 	<p>To complete a circuit training session to the best of your ability.</p> <ul style="list-style-type: none"> • Developing an understanding of the different types of training and complete an interval training session. • Understand how exercise can contribute towards social and emotional/mental health and complete a training method of your choice. 	<ul style="list-style-type: none"> • To organise and implement new rules following team consultations • Demonstrate effective organisation and teamwork during the activity. 	<ul style="list-style-type: none"> • To understand the importance of focus during a balance/ strength yoga session 	<p>scoring of a tournament, including timings.</p>
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