Subject: Physical Education									
Year 10									
Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Spring HT 2				
Group 1 (Mixed)	Group 1 (Mixed)	Group 1 (Mixed)	Group 1 (Mixed)	Boys Health for Life	Group 1 (Mixed)				
Team Games	Racquet Sports	Health for Life-	Handball	(Physical, Social,	Rounders/ Cricket				
(Teamwork and	(Leadership &	Physical Training	(Teamwork and	Mental)	(Leadership &				
Organisation)	Communication)	(Developing a	Organisation)	(Development of	Communication)				
	,	Healthy Active		Personal Health)					
Group 2 (Mixed)	Group 2 (Mixed)	Lifestyle)	Group 2 (Mixed)	,	Group 2 (Mixed)				
Team Games	Racquet Sports		Handball	Girls Health for Life	Rounders/ Cricket				
(Teamwork and	(Leadership &	Group 2 (Mixed)	(Teamwork and	(Physical, Social,	(Leadership &				
Organisation)	Communication)	Health for Life-	Organisation)	Mental)	Communication)				
	,	Physical Training	**	(Development of					
	All groups Orienteering	(Developing a		Personal Health)					
	(Problem Solving)	Healthy Active							
		Lifestyle)							
Mixed Team Games	<u>Badminton</u>	Physical Training	<u>Handball</u>	Health for Life (HFL)	Rounders/Cricket				
<u>Dodgeball</u>	To understand the	(HFL)	To understand the	 To understand the 	To understand the				
To understand the	importance of	To understand the	importance of	term 'calorie' and	importance of				
importance of teamwork	communication in the wider	government	teamwork and	understand how many	leadership and				
and organisation in the	world beyond school and	guidance and the	organisation in the	calories are used in a	communication in the				
wider world beyond	follow and implement the	effects of a	wider world beyond	short exercise session.	wider world beyond				
school and follow and	rules outlined- half court	sedentary lifestyle.	school and follow and	To further	school and follow and				
implement the rules	singles.	To complete an	implement the rules	understand the link	implement the rules				
outlined.	 To apply communication 	interval training	outlined.	between calories and	outlined-				
To organise teams	skills effectively to organise	(HIIT) session to	 To organise teams 	exercise	rounders/cricket				
effectively before and	a badminton tournament	the best of your	effectively before and	To communicate	games				
during game play and	and follow the rules	ability.	during game play and	effectively with peers	To apply the				
organise the scoring	outlined- doubles.	To calculate your	organise the scoring	to achieve a goal	leadership/				
system for the	To understand and	training zone and	system for the	Develop knowledge	communication skills				
tournaments	communicate the scoring of	try to reach this	tournaments	and understanding of	effectively to				
• To follow and	a tournament, including	during a continuous	To follow and	the terms 'mental	organise a				
implement the rules	timings.	training session	implement the rules	wellbeing' and	badminton				
outlined and organise		To understand the	outlined and organise	`mindfulness'	tournament and				
teams effectively before		different	teams effectively	To apply the yoga	follow the rules				
and during game play		components of	before and during	etiquette in performing	outlined- doubles.				
To organise and		fitness and how	game play	a yoga flow routine;	To understand and				
implement new rules		they can be trained.		sun salutation	communicate the				

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following team	Table Tennis	To complete a	To organise and	To understand the	scoring of a
consultations	•To recap on the importance	circuit training	implement new rules	importance of focus	tournament,
To follow and	of leadership/	session to the best	following team	during a balance/	including timings.
implement the rules	communication in the wider	of your ability.	consultations	strength yoga session	
outlined and organise	world beyond school and	 Developing an 	 Demonstrate 		
teams effectively before	follow and implement the	understanding of	effective organisation		
and during game play	rules outlined- singles.	the different types	and teamwork during		
 Demonstrate effective 	 To apply communication/ 	of training and	the activity.	7	
organisation and	leadership skills effectively	complete an interval	1		
teamwork during the	to organise a table tennis	training session.	W		
activity.	tournament and follow the	 Understand how)) I	
	rules outlined- doubles.	exercise can			
Further examples:	To understand and	contribute towards		\sim	
Capture The Flag/Tag	communicate the scoring of	social and			
Rugby/ Bench Ball/	a tournament, including	emotional/mental			
<u>Ultimate Frisby/Smash</u>	timings.	health and complete			
<u>ball</u> – run on a two-week		a training method of		7	
carrousel.		your choice.			
	<u>Orienteering</u>		1 1 2		
	 To apply different tactics) N' /	5	
	and strategies within a set		- N. M.	r .	
	of rules to solve problems				
	guickly and accurately.				

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