

**Subject: Physical Education**

**Year: 10**

	<p><b><u>Autumn HT 1</u></b></p> <p><b>Group 1 (Mixed) Team Games</b> (Teamwork and Organisation)</p> <p><b>Group 2 (Mixed) Team Games</b> (Teamwork and Organisation)</p>	<p><b><u>Autumn HT 2</u></b></p> <p><b>Group 1 (Mixed) Racquet Sports</b> (Leadership &amp; Communication)</p> <p><b>Group 2 (Mixed) Racquet Sports</b> (Leadership &amp; Communication)</p> <p><b>All groups Orienteering</b> (Problem Solving)</p>	<p><b><u>Spring HT 1</u></b></p> <p><b>Group 1 (Mixed) Health for Life- Physical Training</b> (Developing a Healthy Active Lifestyle)</p> <p><b>Group 2 (Mixed) Health for Life- Physical Training</b> (Developing a Healthy Active Lifestyle)</p>	<p><b><u>Spring HT 2</u></b></p> <p><b>Group 1 (Mixed) Handball</b> (Teamwork and Organisation)</p> <p><b>Group 2 (Mixed) Handball</b> (Teamwork and Organisation)</p>	<p><b><u>Summer HT 1</u></b></p> <p><b>Boys Health for Life (Physical, Social, Mental)</b> (Development of Personal Health)</p> <p><b>Girls Health for Life (Physical, Social, Mental)</b> (Development of Personal Health)</p>	<p><b><u>Summer HT 2 –</u></b></p> <p><b>Group 1 (Mixed) Striking and Fielding</b> (Leadership &amp; Communication)</p> <p><b>Group 2 (Mixed) Striking and Fielding</b> (Leadership &amp; Communication)</p>
<p><b><u>Mixed Team Games</u></b></p> <p><b><u>Dodgeball</u></b></p> <ul style="list-style-type: none"> <li>To understand the importance of teamwork and organisation in the wider world beyond school and follow and implement the rules outlined.</li> <li>To organise teams effectively before and during game play and organise the scoring system for the tournaments</li> <li>To follow and implement the rules outlined and organise teams effectively before and during game play</li> <li>To organise and implement new rules following team consultations</li> </ul>	<p><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>To understand the importance of communication in the wider world beyond school and follow and implement the rules outlined- half court singles.</li> <li>To apply communication skills effectively to organise a badminton tournament and follow the rules outlined- doubles.</li> <li>To understand and communicate the scoring of a tournament, including timings.</li> </ul> <p><b><u>Table Tennis</u></b></p> <ul style="list-style-type: none"> <li>To recap on the importance of leadership/</li> </ul>	<p><b><u>Physical Training (HFL)</u></b></p> <ul style="list-style-type: none"> <li>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.</li> <li>To calculate your training zone and try to reach this during a continuous training session</li> <li>To understand the different components of fitness and how they can be trained. To complete a circuit training session to the best of your ability.</li> <li>Developing an understanding of the different types of training and complete an interval training session.</li> </ul>	<p><b><u>Handball</u></b></p>	<p><b><u>Health for Life (HFL)</u></b></p> <ul style="list-style-type: none"> <li>Leading a healthy active lifestyle</li> <li>To be aware of different activities that can contribute to a healthy and active lifestyle</li> <li>Health- Social skills</li> <li>Mental wellbeing- mindfulness and breathing</li> <li>Yoga; breathing, developing asanas</li> </ul>	<p><b><u>Rounders</u></b></p> <p><b><u>Cricket</u></b></p>	

	<ul style="list-style-type: none"> <li>• To follow and implement the rules outlined and organise teams effectively before and during game play</li> <li>• Demonstrate effective organisation and teamwork during the activity.</li> </ul> <p><b><u>Capture The Flag/Tag</u></b>  <b><u>Rugby/ Bench Ball/</u></b>  <b><u>Ultimate Frisby</u></b> – run on a two-week carousel.</p>	<p>communication in the wider world beyond school and follow and implement the rules outlined- singles.</p> <ul style="list-style-type: none"> <li>• To apply communication/ leadership skills effectively to organise a table tennis tournament and follow the rules outlined- doubles.</li> <li>• To understand and communicate the scoring of a tournament, including timings.</li> </ul> <p><b><u>Orienteering</u></b></p> <ul style="list-style-type: none"> <li>• To apply different tactics and strategies within a set of rules to solve problems quickly and accurately.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand how exercise can contribute towards social and emotional/mental health and complete a training method of your choice.</li> </ul>			
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*Ludus Admirandus*