

Core PE Year 10 Curriculum

Half Term 1	Half Term 2	Half Term 3
<p><u>Development of skill and tactics in one of the following sports : badminton, netball, benchball, dodgeball, fitness and tag rugby.</u></p> <ul style="list-style-type: none"> • Linking physical activity and sport to health, fitness and mental well-being. 	<p><u>Development of skill and tactics in one of the following sports : badminton, netball, benchball, dodgeball, fitness and tag rugby.</u></p> <ul style="list-style-type: none"> • Linking physical activity and sport to health, fitness and mental well-being. 	<p><u>Development of skill and tactics in one of the following sports : badminton, netball, benchball, dodgeball, fitness, football and tag rugby.</u></p> <ul style="list-style-type: none"> • The positive impacts exercise can have on PSE well -being
Half Term 4	Half Term 5	Half Term 6
<p><u>Development of skill and tactics in one of the following sports : netball, bench ball, dodgeball, fitness, football, rounders and soft ball.</u></p> <ul style="list-style-type: none"> • The positive impacts exercise can have on PSE well-being. 	<p><u>Development of skill and tactics in one of the following sports : rounders, athletics, badminton, football and fitness.</u></p> <ul style="list-style-type: none"> • Consequences of a sedentary lifestyle - Issues caused by inactivity. 	<p><u>Development of skill and tactics in one of the following sports : rounders, athletics, badminton, football and fitness.</u></p> <ul style="list-style-type: none"> • Consequences of a sedentary lifestyle - Issues caused by inactivity.

Sport Qualification Year 10 Curriculum

Half Term 1	Half Term 2	Half Term 3
<p><u>Sport Studies R185- Performance and leadership in sports activities</u></p> <p><u>Topic 1-</u></p> <p><u>Key components of performance</u></p> <ul style="list-style-type: none"> • Apply practice methods to support in a sporting activity • Identify strengths and weaknesses. • R184- Contemporary issues in sport- User groups, barriers and solutions. 	<p><u>Sport Studies R185- Performance and leadership in sports activities</u></p> <p><u>Topic 1-</u></p> <p><u>Key components of performance</u></p> <ul style="list-style-type: none"> • Apply practice methods to support in a sporting activity • Identify strengths and weaknesses. • Completion of log books <p><u>Team</u> components of performance</p> <ul style="list-style-type: none"> • Log book completion <p><u>R184-</u> Contemporary issues in sport- User groups, barriers and solutions. LO1</p>	<p><u>Sport Studies R185- Performance and leadership in sports activities</u></p> <p>Topic Area 3: Organising and planning a sports activity session</p> <ul style="list-style-type: none"> • Session plans- risk assessment • Practical- team- Completion of witness statements for Topic 1- Team and individual event. Or two team or two individual- Two witness Statements. <p><u>R184-</u> Contemporary issues in sport</p> <ul style="list-style-type: none"> • Topic Area 3: The implications of hosting a major sporting event for a city or country

	<ul style="list-style-type: none"> • LO2- Promoting Sporting values 	
Half Term 4	Half Term 5	Half Term 6
<p><u>J185-Sport Performance and leadership</u></p> <ul style="list-style-type: none"> • Topic Area 4: Leading a sports activity session • Teacher witness statement of the session delivered. <p><u>J184- Contemporary issues in sport</u></p> <ul style="list-style-type: none"> • Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport 	<p><u>J185-Sport Performance and leadership</u></p> <ul style="list-style-type: none"> • Topic Area 5: Reviewing your own performance in planning and leading of a sports activity session • Review of session- <p><u>J184- Contemporary issues in sport</u></p> <ul style="list-style-type: none"> • Topic Area 5: The use of technology in sport 	<p><u>J185-Sport Performance and leadership</u></p> <ul style="list-style-type: none"> • Course work completion of unit. Recap and make changes if required • Session plan • Risk assessment • Review of activity • Teacher witness statement of the session delivered. • Log books completed. • Practical witness statements and students graded as per mark bands on OCR. <p><u>R184- Contemporary issues in sport</u></p> <ul style="list-style-type: none"> • Revision of all learning objectives- LO1, LO3, LO4,L05, L06 • Or completion of final learning objective. • End of topic exam tests. Exam questions- use exam builder.