

Subject: Sport

Year group: Year 10

Department Curriculum Vision: Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.

	Autumn Term 1	Autumn Term 2
Content: (Know what...)	Boys: Football / Handball Girls: Netball / Hockey In Year 10 students will cover basic knowledge that underpins each sport: - Rules - Scoring - Positions - Start to look at tactics/strategies in more detail - Key techniques and application of these in competitive scenarios	Boys: Rugby / Volleyball Girls: Football / Volleyball In Year 10 students will cover basic knowledge that underpins each sport: - Rules - Scoring - Positions - Start to look at tactics/strategies in more detail - Key techniques and application of these in competitive scenarios
Skills: (know how...)	In Year 10 students will cover basic skills that are essential in each sport. Football: Passing, dribbling, shooting, tackling, attacking principles, defensive principles Handball: Passing, dribbling, shooting, tackling, attacking principles, defensive principles Netball: Passing, footwork, attacking principles, defensive principles, shooting Hockey: Passing, dribbling, shooting, tackling, attacking principles, defensive principles, 2v1's	In Year 10 students will cover basic skills that are essential in each sport. Rugby: Passing, outwitting opponents, tackling, breakdown play, attacking principles, defensive principle Volleyball: Dig, Set, Spike, block, underarm serve, overarm serve Rugby: Passing, outwitting opponents, tackling, breakdown play, attacking principles, defensive principles Football: Passing, dribbling, shooting, tackling, attacking principles, defensive principles

Key vocabulary	Hockey: Slap Pass, push pass, lifted pass, dribbling, shooting, tackling, attacking principles, defensive principles, exploiting space Football: Possession, overload, marking, control, Positions, pressure Handball: Possession, feint, drive, zone, exploiting space Netball: Drive, dodge, footwork, contact, exploiting space	Rugby: Ruck, breakdown, offload, depth, exploiting space Volleyball: Dig, Set, Spike, block, underarm serve, overarm serve Rugby: Ruck, breakdown, offload, depth, exploiting space Football: Possession, overload, marking, control, Positions, pressure
Mid Term Assessment	Practical Assessment	Practical Assessment
End Term Assessment	Practical Assessment	Practical Assessment
	Spring 1	Spring 2

Content: (Know what...)	Boys: Fitness/Football/Table Tennis Girls: Handball/Fitness/Badminton In Year 10 students will cover basic knowledge that underpins each sport: - Rules - Scoring - Positions - Adequate tactics/strategies - Key techniques - Health and fitness - A variety of types of fitness (low to high intensity and start to look at running sessions themselves) - Components of fitness	Boys: Basketball/Alternative/Badminton Girls: Rugby/Alternative/Tennis/Table Tennis In Year 10 students will cover basic knowledge that underpins each sport: - Rules - Scoring - Positions - Adequate tactics/strategies - Key techniques - Health and fitness - A variety of types of fitness (low to high intensity and start to look at running sessions themselves)
Skills: (Know how...)	In Year 10 students will cover basic skills that are essential in each sport. Fitness: Fitness testing, types of training Table Tennis: Serve, Flick, forehand, back hand, drop shot Handball: Possession, feint, drive, zone, exploiting space Badminton: Clear, smash, rally, deception, identifying space, exploiting space	In Year 10 students will cover basic skills that are essential in each sport. Basketball: Passing, dribbling, shooting, defending, attacking principles, defensive principles Alternative: Ultimate frisbee, American Football, NFL Flag football, Touchball, Capture the flag Tennis: Footwork & positioning, forehand, backhand, serving, volleys, outwitting opponents, Singles, Doubles Table Tennis: Serve, Flick, forehand, back hand, drop shot, cross court, down the line, rally Rugby: Ruck, breakdown, offload, depth, exploiting space

Key vocabulary	In Year 10 students will cover basic skills that are essential in each sport. Fitness: Aerobic, anaerobic, repetition, components of fitness, fatigue, muscles, cardiorespiratory system Table Tennis: Forehand, Backhand, Cross court, down the line, rally Handball: Possession, feint, drive, zone, exploiting space Badminton: Clear, smash, rally, deception, identifying space	In Year 10 students will cover basic skills that are essential in each sport. Basketball: Possession, rebound, lay-up, marking, identifying space, exploiting space Alternative: Components of fitness Tennis: Fault, ground stroke, let, volley, Serve Table Tennis: Forehand, Backhand, Cross court, down the line, rally Rugby: Ruck, breakdown, offload, depth, exploiting space
Mid Term Assessment	Practical Assessment	Practical Assessment
End Term Assessment	Practical Assessment	Practical Assessment
	Summer 1	Summer 2
Content: (Know what...)	Boys: Athletics / Cricket Girls: Athletics / Basketball In Year 10 students will cover adequate knowledge that underpins each sport: - Rules - Scoring - Positions - A good level of tactics/strategies	Boys: Tennis / Rounders Girls: Cricket / Rounders In Year 10 students will cover adequate knowledge that underpins each sport: - Rules - Scoring - Positions - A good level of tactics/strategies

	- Key techniques - Positions - Batting techniques	- Key techniques - Positions - Batting techniques
Skills: (Know how...)	In Year 10 students will cover adequate skills that are essential in each sport. Athletics: Sprints, mid-long distance, throws, jumps Cricket: Fielding, batting, bowling Basketball: Passing, dribbling, shooting, defending, attacking principles, defensive principles Basketball: Possession, rebound, lay-up, marking, identifying space, exploiting space	In Year 10 students will cover adequate skills that are essential in each sport. Tennis: Footwork & positioning, forehand, backhand, serving, volleys, outwitting opponents, Singles, Doubles Rounders: Fielding, batting, bowling Cricket: Fielding, batting, bowling
Key vocabulary	Athletics: Transfer, rotation, drive, pacing, weight distribution, power Cricket: Cushion, frontfoot, backfoot, long barrier, short barrier	Tennis: Fault, ground stroke, let, volley, Serve Rounders: Obstruction, stumped, outfield, no ball, Ran out Cricket: Cushion, frontfoot, backfoot, long barrier, short barrier
Mid Term Assessment	Practical Assessment	Practical Assessment
End Term Assessment	Practical Assessment	Practical Assessment
Additional information		
Homework	N/A	

Extra curricular and enrichment opportunities	Extracurricular clubs and competitions in the following: Football, Netball, Handball, Rounders, Cricket, Gymnastics, Fitness, Rugby, Athletics and Cheering Leading. Many of these clubs compete against other schools such as Ruby, Athletics, Football and Netball.
Useful links that will support learning	https://www.uksport.gov.uk/jobs-in-sport https://www.rulesofsport.com/ https://www.topendsports.com/resources/rules/index.htm https://www.hillingdon.gov.uk/article/1259/Sport-and-Physical-Activity-Directory
How parents can support learning	Use the online directory to find local sports clubs. Encourage them to try new sports and attend vast extra-curricular programme of activities either Support the students with their kit organisation