

Our Lady Queen of Peace
Catholic High School

Curriculum Overview

Year 10 Physical Education

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
Week 1 - 12	OAA & Team Building – Boys/girls (Teamwork, communication)	Map reading, tug of war & sack races, problem solving	Last lesson last sport questions (refer to teacher sheet)		Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Rugby – Boys (physical competence)	Leading a sports session, officiating a sports session, organising teams			
	Badminton – Boys (confidence)	Leading a sports session, officiating a sports session, organising teams			
	Netball – Girls (physical competence)	Leading a sports session, officiating a sports session, organising teams			
	Gymnastics – (Creativity and Confidence)	Leading a sports session, officiating a sports session, organising teams			
Week 13 - 22	Basketball – boys (Resilience)	Leading a sports session, officiating a sports session, organising teams	Last lesson last sport questions (refer to teacher sheet)		Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – boys (Health and well-being)	Leading a sports session, officiating a sports session, organising teams			
	Dance – girls (Creativity and Confidence)	Leading a sports session, officiating a sports session, organising teams			
	Hockey – girls (tactics and strategy)	Leading a sports session, officiating a sports session, organising teams			
Week 23 – 31	Hockey – boys (tactics and strategy)	Leading a sports session, officiating a sports session, organising teams	Last lesson last sport questions (refer to teacher sheet)		Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Dance – boys (Creativity and Confidence)	Leading a sports session, officiating a sports session, organising teams			
	Football – girls (physical competence)	Leading a sports session, officiating a sports session, organising teams			
	Volleyball – girls (Resilience)	Leading a sports session, officiating a sports session, organising teams			

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Week 34 - 38	Athletics – boys (Resilience)	Leading a sports session, officiating a sports session, organising teams	Last lesson last sport questions (refer to teacher sheet)		Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Athletics – girls (Resilience)	Leading a sports session, officiating a sports session, organising teams			
Week 40 – 44	Cricket – boys (Leadership and responsibility)	Leading a sports session, officiating a sports session, organising teams	Last lesson last sport questions (refer to teacher sheet)		Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Softball – boys (Leadership and responsibility)	Leading a sports session, officiating a sports session, organising teams			
	Rounders – girls (Leadership and responsibility)	Leading a sports session, officiating a sports session, organising teams			
	Cricket – girls (physical competence)	Leading a sports session, officiating a sports session, organising teams			
Week 45 – 47	Trampolining – boys (Creativity and Confidence)	Leading a sports session, officiating a sports session, organising teams	Last lesson last sport questions (refer to teacher sheet)		Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – girls (Health and well-being)	Leading a sports session, officiating a sports session, organising teams			