

		Yea	r 10 – Health & Wellb	eing				
Curriculum intent	Core PE in key stage 4 involves learners identifying barriers to physical health and challenging them to explore how they can work to maintain their own personal mental, emotional and social health. Learners experience a range of different sports and physical activities throughout year 10 all centred on the development of their own personal fitness. Learners further develop knowledge surrounding emotions and how exercise can have a positive impact on mental and emotional health.							
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Knowledge	Team Work Invasion Games Net Games Personal Fitness  Learners will be challenged to identify their own personal strengths and weaknesses	Team Work Invasion Games Net Games Personal Fitness  Learners will look at the benefits of remaining active including physical,	Team Work Invasion Games Net Games Personal Fitness  Learners will be challenged to demonstrate excellent control	Team Work Invasion Games Net Games Personal Fitness  Sport specific skills across all sports will be tested as will learner impact	Team Work Invasion Games Net Games Personal Fitness  Learners will continue to understand the importance of	Team Work Invasion Games Net Games Personal Fitness  Learners will now have a strong understanding with regards to		
across a range of different sports, both team and individual. Learners will also test their own current personal levels of fitness and look to develop their knowledge and understanding of health. Making links between	mental and emotional benefits. Learners will understand how activity and competition can improve all aspects of health. Leading small aspects of a lesson will aid learners in	of emotions throughout play and display excellent sportsmanship when competing. Learners will also continue to develop their knowledge around health and the benefits	on tactics and set game play. Learners will continue to develop advanced skill and use leadership qualities to build on their influence in a performance. Learners will	performance and competition and explore the range of emotions that come with success and failure. Learners will start to link potential causes of stress or anxiety with coping methods and	health and the benefits of physical activity. Learners will have continued to develop their range of practical skills and will now know where their areas of success and weakness are when reflecting			



Enrichment	Extra Curricular	Extra Curricular	Extra Curricular	Extra Curricular	Extra Curricular	Extra Curricular
Assessments	Termly formal assessment using the KS4 Assessment Pack.	Termly formal assessment using the KS4 Assessment Pack.	Termly formal assessment using the KS4 Assessment Pack.	Termly formal assessment using the KS4 Assessment Pack.	Termly formal assessment using the KS4 Assessment Pack.	Termly formal assessment using the KS4 Assessment Pack.
Skills	Knowledge Communication Physical Ability Core Skills Advanced Skills	Understanding Respect Fitness Level Core Skills Advanced Skills	Analysis Leadership Competition Core Skills Advanced Skills	Feedback Resilience Technique Core Skills Advanced Skills	Responsibility Effort Tactics Core Skills Advanced Skills	Rules/Regulations Confidence Problem Solving Core Skills Advanced Skills
	physical, emotional and social health will be encouraged and all learners will have the opportunity to reflect on their current health status.	improving confidence and resilience. Learners will also continue to compete in a range of sports including net games and invasion games. Learners will continue to build on their knowledge and skills form previous years.	of lifelong participation and exercise. Learners will look at current circumstances and address some potential causes for stress or concern. Using activity and exercise learners will plan to combat any potential causes of stress through activity and exercise.	experience how developing specific areas of their health and wellbeing can have a direct impact on performance and emotion.	mechanisms. Sometime will be spent discussing the impact of exams and assessments and how physical activity can help deal with a range of emotions.	on specific sports. Learners will also have a strong understanding of components of fitness, methods of training and principles of practice. They will therefore continue to develop their own personal fitness through structured gym sessions and personal training.



| Inter – form         |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Competitions         | Competitions         | Competitions         | Competitions         | Competitions         | Competitions         |
| External Initiatives |
| Stress Busters       |

