

Year 10 – Health & Wellbeing

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	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Learners will be challenged to identify their own personal strengths and weaknesses 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</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Learners will look at the benefits of remaining active including physical, 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</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Learners will be challenged to demonstrate excellent control of emotions throughout play and display excellent sportsmanship when competing. Learners will also continue to develop their knowledge around health and the benefits</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Sport specific skills across all sports will be tested as will learner impact 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</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Learners will continue to understand the importance of 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</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Learners will now have a strong understanding with regards to 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</p>



Rayner Stephens
HIGH SCHOOL