



SUBJECT: CORE PE/SPORT/DANCE

Year Group	YEAR 10					
Rationale	<p>‘Striving & Thriving’- Learners will have the opportunity to pursue both competitive and non-competitive (recreational) activities of their choice. This will allow them to improve their ability in certain activities or take up a challenge in new activities. Pupils will follow a Head, Heart and Hands approach with each term having a specific focus and range of activities of offer.</p>					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Knowledge	<p>Topic/Unit: SPORTS EDUCATION</p> <p>Develop your knowledge of creativity, tactics whilst being given some leadership opportunities, whilst in structured training and competition.</p> <p>Head Your knowledge and understanding in PE</p> <ul style="list-style-type: none"> ▪ Create & Plan – You create ideas and use this and devise tactics. ▪ Evaluate & Analyse – You identify strengths and weaknesses and suggest improvements. 		<p>Topic/Unit: FITNESS & PERFORMANCE (HEART)</p> <p>Push yourself to improve an element of fitness in order to improve performance in a physical activity.</p> <p>Heart Your awareness of fitness in PE</p> <ul style="list-style-type: none"> ▪ Assess & Monitor – You identify your current fitness levels and what you need to do to improve. ▪ Commit & Improve – You work hard and push yourself to improve fitness levels. 		<p>Topic/Unit: ACQUIRE & DEVELOP (HANDS)</p> <p>Develop existing skills and acquire new ones in a sport of your choice.</p> <p>Hands Your practical ability in PE</p> <ul style="list-style-type: none"> ▪ Acquire & Develop – You learn and improve skills in a variety of different activities. ▪ Select & Apply – You use the skills to impact performance in different situations. 	
Skills	<p>Activities that can be chosen:</p> <ul style="list-style-type: none"> ▪ FOOTBALL ▪ DODGEBALL ▪ NETBALL ▪ BASKETBALL ▪ DANCE 		<p>Activities that can be chosen:</p> <ul style="list-style-type: none"> ▪ BADMINTON ▪ TABLE TENNIS ▪ DODGEBALL ▪ TRAMPOLINING ▪ DANCE ▪ HOCKEY ▪ FITNESS 		<p>Activities that can be chosen:</p> <ul style="list-style-type: none"> ▪ CRICKET ▪ SOFTBALL ▪ ROUNDERS ▪ ULTIMATE FRIZBEE ▪ FOOTGOLF 	
	<p>Practical skills - Learners will demonstrate core and advanced skills with control in isolation, conditioned and competitive practice situations for their different activities.</p> <p>Decision making skills – Learners will use their knowledge to solve problems and plan/.devise tactics in order to apply skills to a variety of situations.</p> <p>Reflective/Analytical skills – Learners will learn to evaluate their own and their peers performances, whilst offering constructive feedback in order to improve performance.</p> <p>Officiating skills - Learners will have the knowledge of the basic rules and methods of scoring.</p> <p>Leadership skills Learners will be given opportunities to apply on fair play/team work and lead individual groups in warm-up activities and skill rehearsal practices.</p>		<p>Practical skills - Learners will demonstrate core and advanced skills with control in isolation, conditioned and competitive practice situations for their different activities.</p> <p>Decision making skills – Learners will use their knowledge to solve problems and plan/.devise tactics in order to apply skills to a variety of situations.</p> <p>Reflective/Analytical skills – Learners will learn to evaluate their own and their peers performances, whilst offering constructive feedback in order to improve performance.</p> <p>Officiating skills - Learners will have the knowledge of the basic rules and methods of scoring.</p> <p>Leadership skills Learners will be given opportunities to apply on fair play/team work and lead individual groups in warm-up activities and skill rehearsal practices.</p>		<p>Practical skills - Learners will demonstrate core and advanced skills with control in isolation, conditioned and competitive practice situations for their different activities.</p> <p>Decision making skills – Learners will use their knowledge to solve problems and plan/.devise tactics in order to apply skills to a variety of situations.</p> <p>Reflective/Analytical skills – Learners will learn to evaluate their own and their peers performances, whilst offering constructive feedback in order to improve performance.</p> <p>Officiating skills - Learners will have the knowledge of the basic rules and methods of scoring.</p> <p>Leadership skills Learners will be given opportunities to apply on fair play/team work and lead individual groups in warm-up activities and skill rehearsal practices.</p>	



	<p>Social skills – Learners will be placed in situations where they will need to show sportsmanship, respect, cooperation, empathy, team spirit, inclusion and excellence.</p> <p>Communication skills – Learners will be given opportunity to develop verbal, non-verbal and signalling/gestures through practical and feedback tasks.</p>	<p>Social skills – Learners will be placed in situations where they will need to show sportsmanship, respect, cooperation, empathy, team spirit, inclusion and excellence.</p> <p>Communication skills – Learners will be given opportunity to develop verbal, non-verbal and signalling/gestures through practical and feedback tasks.</p>	<p>Social skills – Learners will be placed in situations where they will need to show sportsmanship, respect, cooperation, empathy, team spirit, inclusion and excellence.</p> <p>Communication skills – Learners will be given opportunity to develop verbal, non-verbal and signalling/gestures through practical and feedback tasks.</p>
<p>Assessments</p>	<p>Pupils will be awarded an AtL score during their unit of work. No assessment related to pathways will take place during this unit.</p>	<p>Pupils will be awarded an AtL score during their unit of work. No assessment related to pathways will take place during this unit.</p>	<p>Pupils will be awarded an AtL score during their unit of work. No assessment related to pathways will take place during this unit.</p>