Year 10 Core PE Big Picture – Physical Education

Autumn 01 ***Weeks 1 – 7 (7 weeks)***	***Autumn 02*** ***Weeks 8 – 15 (8 weeks)***	***Spring 01*** ***Weeks 16 – 21 (6 weeks)***
Content: KS4 *students have 2 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Netball, Health Related Fitness or Rugby. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx Students are expected to perform to the best of their ability, where they will combine performance, leadership and prior skills and knowledge from KS3, and apply this as a basis within KS4 Core PE. Students can also take on leadership roles and opportunities which include officiating and umpiring, leading warm-ups and coaching specific drills. During Invasion Games (Rugby), students will focus on: ➢ apply core and advanced skills in a variety of situations ➢ respond and adapt to skills with some consistency ➢ perform with good technique, accuracy, fluency and control with some consistency ➢ transfer core skills across a range of set activities	**Content:** KS4 *students have 2 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Football, Badminton, Trampolining, or Health Related Fitness or Rugby. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx Students are expected to perform to the best of their ability, where they will combine performance, leadership and prior skills and knowledge from KS3, and apply this as a basis within KS4 Core PE. Students can also take on leadership roles and opportunities which include officiating and umpiring, leading warm-ups and coaching specific drills. During Invasion Games (Football), students will focus on: ➢ develop the use of core skills within conditioned practices and gameplay. ➢ develop advanced skills and approach games tactically to outwit opponents. ➢ demonstrate the ability to analyse opposition's strengths and weaknesses and exploit these strategically to gain success. ➢ demonstrate full knowledge of game rules and terminology throughout	**Content:** KS4 *students have 2 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Football, Badminton, Trampolining, Rugby, or Health Related Fitness. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx Students are expected to perform to the best of their ability, where they will combine performance, leadership and prior skills and knowledge from KS3, and apply this as a basis within KS4 Core PE. Students can also take on leadership roles and opportunities which include officiating and umpiring, leading warm-ups and coaching specific drills. During Net and Wall Games (Badminton), students will focus on: ➢ develop advanced techniques and implement and refine strategic play to outwit opponents. ➢ demonstrate knowledge of the essential elements of attack and defence in competitive situations. ➢ undertake a range of roles and responsibilities to help each other improve ➢ independently run games and compete in them.

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During Fitness Activities (Health Related Fitness), students will focus on: ➢ identify the different components of fitness used in a variety of sports ➢ develop their knowledge on the importance of the different components of fitness in sports ➢ demonstrate their understanding on how to improve their performance of the different components of fitness ➢ demonstrate the ability to analyse their own fitness levels, recognising their strengths and their areas which need improvement During Invasion Games (Netball), students will focus on: ➢ build on core skills and apply them in games and physically demanding conditional drills. ➢ to prepare competitions, and both officiate & compete in them. ➢ work in groups taking on a range of roles and responsibilities to help each and improve as a team. ➢ develop a deeper understanding about healthy lifestyles and fitness.	During Net and Wall Games (Badminton), students will focus on: ➢ develop advanced techniques and implement and refine strategic play to outwit opponents. ➢ demonstrate knowledge of the essential elements of attack and defence in competitive situations. ➢ undertake a range of roles and responsibilities to help each other improve ➢ independently run games and compete in them. During Trampolining, students will focus on: ➢ Students should perform the core skills/techniques in increasingly demanding and progressive practices. ➢ All moves have the option of 'others' to allow experienced performers to choose harder moves. During Fitness Activities (Health Related Fitness), students will focus on: ➢ identify the different components of fitness used in a variety of sports ➢ develop their knowledge on the importance of the different components of fitness in sports ➢ demonstrate their understanding on how to improve their performance of the different components of fitness ➢ demonstrate the ability to analyse their own fitness levels, recognising their strengths and their areas which need improvement	During Trampolining, students will focus on: ➢ Students should perform the core skills/techniques in increasingly demanding and progressive practices. ➢ All moves have the option of 'others' to allow experienced performers to choose harder moves. During Invasion Games (Rugby), students will focus on: ➢ apply core and advanced skills in a variety of situations ➢ respond and adapt to skills with some consistency ➢ perform with good technique, accuracy, fluency and control with some consistency ➢ transfer core skills across a range of set activities During Invasion Games (Football), students will focus on: ➢ develop the use of core skills within conditioned practices and gameplay. ➢ develop advanced skills and approach games tactically to outwit opponents. ➢ demonstrate the ability to analyse opposition's strengths and weaknesses and exploit these strategically to gain success. ➢ demonstrate full knowledge of game rules and terminology throughout During Fitness Activities (Health Related Fitness), students will focus on: ➢ identify the different components of fitness used in a variety of sports

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	During Invasion Games (Rugby), students will focus on: ➢ apply core and advanced skills in a variety of situations ➢ respond and adapt to skills with some consistency ➢ perform with good technique, accuracy, fluency and control with some consistency ➢ transfer core skills across a range of set activities	➢ develop their knowledge on the importance of the different components of fitness in sports ➢ demonstrate their understanding on how to improve their performance of the different components of fitness ➢ demonstrate the ability to analyse their own fitness levels, recognising their strengths and their areas which need improvement
Assessment Objectives Students are not formally assessed in KS4 Core PE. Through AFL students will be provided with opportunities to improve during their lessons. In line with whole school data, students will be given a grade for their Attitude to Learning (ATL).	**Assessment Objectives** Students are not formally assessed in KS4 Core PE. Through AFL students will be provided with opportunities to improve during their lessons. In line with whole school data, students will be given a grade for their Attitude to Learning (ATL).	**Assessment Objectives** Students are not formally assessed in KS4 Core PE. Through AFL students will be provided with opportunities to improve during their lessons. In line with whole school data, students will be given a grade for their Attitude to Learning (ATL).

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Spring 02 ***Weeks 22 – 27 (6 weeks)***	***Summer 01*** ***Weeks 28 – 32 (5 weeks)***	***Summer 02*** ***Weeks 33 – 39 (7 weeks)***
Content: KS4 *students have 2 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Rounders or Cricket. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx Students are expected to perform to the best of their ability, where they will combine performance, leadership and prior skills and knowledge from KS3, and apply this as a basis within KS4 Core PE. Students can also take on leadership roles and opportunities which include officiating and umpiring, leading warm-ups and coaching specific drills. During Striking & Fielding Games (Cricket and Rounders), students will focus on: ➢ develop the use of more advanced techniques and apply them in a competitive game to outwit opponents. ➢ develop decision making skills and the use of batting and bowling/fielding tactics. ➢ undertake a range of roles and responsibilities to help each other improve and independently run games and compete in them.	**Content:** KS4 *students have 2 lessons of PE over a fortnight.* *Across the year, groups will be taking part in Athletics. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx Students are expected to perform to the best of their ability, where they will combine performance, leadership and prior skills and knowledge from KS3, and apply this as a basis within KS4 Core PE. Students can also take on leadership roles and opportunities which include officiating and umpiring, leading warm-ups and coaching specific drills. During Athletics events, students will focus on: ➢ accurately replicate skills and movements individually perform skills in combination focusing on the correct techniques. ➢ show creativity, control, fluency, and aesthetics in developed sequences. ➢ evaluate and assess movements to improve sequences.	**Content:** KS4 *students have 2 lessons of PE over a fortnight.* *Across the year, groups will be taking part in either Rounders or Cricket. Please see the POS to find out which group is being taught which sport.* POS 26-27.docx Students are expected to perform to the best of their ability, where they will combine performance, leadership and prior skills and knowledge from KS3, and apply this as a basis within KS4 Core PE. Students can also take on leadership roles and opportunities which include officiating and umpiring, leading warm-ups and coaching specific drills. During Striking & Fielding Games (Cricket and Rounders), students will focus on: ➢ develop the use of more advanced techniques and apply them in a competitive game to outwit opponents. ➢ develop decision making skills and the use of batting and bowling/fielding tactics. ➢ undertake a range of roles and responsibilities to help each other improve and independently run games and compete in them.

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