Physical Education: Terms 1 and 2

Year 10

PE gives the students the opportunity to experience the breadth of sports that are on offer within the department. Over the academic year students rotate through each of the different sports, paying attention to traditional sports seasons (such as cricket and athletics in the summer) and building skills and knowledge across the year. Your child could undertake the topics below in any order.

	Title of Topic(s)	Activity types	Content/ knowledge to be taught	Activities and assessments	Key Vocabulary	Additional reading/ websites/ resources
Topic 1	Invasion Games	Rugby Football Handball Netball Basketball	KS4: Develop more advanced skills, tactics and strategies. Develop officiating and leadership roles.	Formative Self/ Peer	Acceleration Attack Defence Goal Skills Speed Sportsmanship Time	www.englandrugby.com www.thefa.com www.englandhandball.com www.englandbasketball.co.uk www.englandnetball.co.uk
Topic 2	Striking & Fielding	Cricket Rounders Softball	KS4: Develop more advanced skills, tactics and strategies. Develop officiating and leadership roles.	Formative Self/ Peer	Bat Bases Catch Plates Run Strike	www.ecb.co.uk www.roundersengland.co.uk www.britishsoftball.org
Topic 3	Health Related Fitness	Fitness testing Continuous training Circuit Training Boxercise Interval Training	KS4: Develop understanding of the components of fitness and how they can be improved.	Formative Self/ Peer	Acceleration Aerobic Anerobic Agility Cardiovascular Body Composition Endurance Exercise	

					Flexibility Heart rate Hydration Intensity Interval Muscle Power Pulse Reaction Speed Strength Stretching	
Topic 4	Net Sports	Badminton Tennis Volleyball	KS4: Develop more advanced skills, tactics and strategies. Developing officiating and leadership roles.	Formative Self/ Peer	Court Markings Net Power Shuttle	www.badmintonengland.co.uk www.lts.org.uk www.volleyabllengland.org
Topic 5	Accurate Replication	Gymnastics Dance Athletics	KS4: Develop more advanced techniques and perform at maximum levels.	Formative Self/ Peer	Acceleration Agility Balance Extend Flexibility Routine Timing	www.british-gymnastics.org www.athleticsengland.org