



## PE Curriculum Plan Overview

Year 10			
Term	Topic	Learning	How can parents' best support
Autumn 1	Fitness Testing	<p>Complete the BBC Blueprint fitness tests and analyse levels of fitness for the following components of fitness:</p> <ul style="list-style-type: none"> <li>Cardio vascular endurance,</li> <li>Strength,</li> <li>Power,</li> <li>Speed,</li> <li>Agility,</li> <li>Co-ordination.</li> </ul> <p>Link components of fitness to sports and activities.</p> <p>Understand the key aspects of various technique</p>	<p>Discuss which sports need different components of fitness e.g. Sprinters need speed, Footballers need speed, agility, Power, Co-ordination, Strength, Cardio vascular endurance.</p> <p>Discuss/research how your child could improve a component of fitness.</p>
	Tennis	<p>Setting up of a court,</p> <p>Ball &amp; racquet control,</p> <p>Track it with your racquet</p> <p>Forehand and Backhand Volleys</p>	<p>Discuss rules of Tennis, look up videos of tennis matches online and watch the different shots players use.</p> <p>Ask your child to remember the key teaching points for the skills taught in lessons.</p>
<b>Assessment:</b>	<b><u>Self assessment and reflection in assessment booklets, staff observation of assessment criteria &amp; video evidence</u></b>		
Autumn 2	Tennis Cont.	<p>Underarm/Over arm serve</p> <p>Forehand/backhand shot,</p> <p>Game play</p> <p>Understand the key aspects of various technique</p> <p>Umpire a game</p>	<p>Use BBC sport website sports academy for basics of tennis skills and game play</p>
	Table Tennis	<p>Setting up tables,</p> <p>Backhand bounce serve,</p> <p>Backhand. Forehand push shot,</p> <p>Rallies,</p> <p>Forehand serve,</p> <p>Game play</p> <p>Understand the key aspects of various technique</p> <p>Umpire a game</p>	<p>Discuss/Research how players are able to put spin on the ball.</p> <p>Ask your child to remember and recall the key teaching points for the skills taught in lessons.</p>
<b>Assessment:</b>	<b><u>Self assessment and reflection in assessment booklets, staff observation of assessment criteria &amp; video evidence</u></b>		
Spring 1	Health Related Fitness	<p>Lockdown focus on wellbeing</p> <p>Fun fitness sessions and circuits offering a range of different activities with a focus on engagement and participation to support wellbeing.</p>	<p>Lockdown focus on wellbeing</p> <p>Encourage students to take part in the online activities on offer through the links shared on the google classroom:</p>

		<p>Focus on fitness topics:          Cardio vascular endurance          Muscular strength          Muscular endurance,          Coordination          Agility</p>	<p>Yoga,          Cardio and strength Fitness session</p>
<b>Assessment:</b>	<b>Staff observation of assessment criteria &amp; video evidence</b>		
<b>Spring 2</b>	<p><b>Health Related Fitness</b></p> <p><b>Team games</b></p> <p><b>OAA**/ Team Building</b></p>	<p>Lockdown focus on wellbeing</p> <p>Fun fitness sessions and circuits offering a range of different activities with a focus on engagement and participation to support wellbeing.</p> <p>Focus on fitness topics:          Cardio vascular endurance          Muscular strength          Muscular endurance,          Coordination          Agility</p> <p>Team games with a focus on:          -Fun/enjoyment          - developing movement confidence/competence          - Shared experience with peers          - Chance to be competitive and the social rules surrounding this.</p> <p>Work together to solve a problem.          Understand the importance of the 3 C's (Communication, co-operation &amp; Concentration) for teamwork.</p>	<p>Lockdown focus on wellbeing</p> <p>Encourage students to take part in the online activities on offer through the links shared on the google classroom:</p> <p>Yoga,          Cardio and strength Fitness session</p> <p>Recall and discuss the 3 C's of teamwork and be able to describe them.</p>
<b>Assessment:</b>	<b>Self assessment and reflection in assessment booklets, staff observation of assessment criteria &amp; video evidence</b>		
<b>Summer 1</b>	<b>Athletics</b>	<p>Demonstrate basic technique for:          Shot Putt          Javelin          Discus          Long Jump          Triple Jump          Sprinting          Medium &amp; Long distance running.          Measure distances/times accurately          Understand the key aspects of</p>	<p>Ask your child to remember and recall the key teaching points for the skills taught in lessons.</p> <p>Research all the world records for the various disciplines and try measure those in real life and compare them to distances/times your child comes into contact with e.g. How far is the length of</p>

		various technique	the shot putt world record compared to the length of your garden.
<b>Assessment:</b>	<b>Self assessment and reflection in assessment booklets, staff observation of assessment criteria &amp; video evidence</b>		
<b>Summer 2</b>	<b>Cricket</b>	<ul style="list-style-type: none"> <li>Basic throwing technique underarm &amp; over arm</li> <li>Basic catching technique underarm &amp; over arm</li> <li>Identify effective Bowling technique</li> <li>Batting grip and stance</li> <li>Fielding</li> <li>Defensive and attacking shots</li> <li>Basic rules of the game</li> <li>Understand the key aspects of various technique</li> </ul>	<p>Ask your child to remember and recall the key teaching points for the skills taught in lesson.</p> <p>Research all the different formats of cricket played professionally, discuss which your child thinks is the best and why?</p>