



## 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> <p>Cardio vascular endurance, Strength, Power, Speed, Agility, Co-ordination.</p> <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, Ball &amp; racquet control, Track it with your racquet 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 Forehand/backhand shot, Game play Understand the key aspects of various technique 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, Backhand bounce serve, Backhand. Forehand push shot, Rallies, Forehand serve, Game play Understand the key aspects of various technique 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	OAA** /Team Building	<p>Locate the key landmarks and features on a map.</p> <p>Take a bearing using a compass,</p> <p>Understand and apply terms such as</p>	<p>Find examples of teams that work well together and see if they use the 3 C's effectively.</p>

	<p><b>Basketball</b></p>	<p>Thumbing, Handrail &amp; catching feature when orienteering.</p> <p>Create an orienteering course for a friend.</p> <p>Work together to solve a problem.</p> <p>Understand the importance of the 3 C's (Communication, co-operation &amp; Concentration) for teamwork.</p> <p>Use effective communication and co-operation on group tasks.</p> <p>Different passes:</p> <p>Chest,</p> <p>Bounce,</p> <p>Overhead</p> <p>Key points of dribbling the ball.</p> <p>Set shot</p> <p>Lay up shot</p> <p>Advanced rules of basketball</p> <p>More advanced rules in basketball involving timing.</p> <p>Man to man vs. zone marking</p> <p>Officiate an aspect of a basketball game</p>	<p>Find a map online and discuss the key terms of the map e.g. Thumbing, Handrail &amp; catching feature</p> <p>Ask your child to explain how to take a bearing using a compass and a map.</p> <p>Ask your child to remember and recall the key teaching points for the skills taught in lessons.</p> <p>Research the NBA online and highlight key skills that occur in games.</p> <p>Discuss what changes to the rules your child would introduce to the game and why?</p> <p>Discuss which is better man to man marking or zone marking and why?</p>
<p><b>Assessment:</b></p>	<p><b><u>Staff observation of assessment criteria &amp; video evidence</u></b></p>		
<p><b>Spring 2</b></p>	<p><b>Football</b></p>	<p>Rules of the game</p> <p>Short Passing</p> <p>Shooting</p> <p>Positions</p> <p>Long passing</p> <p>Heading</p>	<p>Watch clips of Barcelona Tiki Taka football on YouTube to understand the importance of short passing.</p> <p>Watch highlights of a recent football game and discuss what factors affected the result.</p> <p>Create a dream team of footballers, one from the past and one from present and discuss why you have</p>

		Offside	<p>chosen each player for each position. Which team would win and why?</p> <p>Discuss what changes to the rules your child would introduce to the game and why?</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:</p> <p>Shot Putt Javelin Discus Long Jump Triple Jump Sprinting Medium &amp; Long distance running. Measure distances/times accurately Understand the key aspects of various technique</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 the shot putt world record compared to the length of your garden.</p>
<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>	<p>Basic throwing technique underarm &amp; over arm Basic catching technique underarm &amp; over arm Identify effective Bowling technique Batting grip and stance Fielding Defensive and attacking shots Basic rules of the game Understand the key aspects of various technique</p>	<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>