

Curriculum Overview: Year 10 PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Fitness, Leadership, Badminton, Rugby, Football, Netball, Trampolining	Topic: Fitness, Leadership, Badminton, Rugby, Football, Netball, Trampolining	Topic: Fitness, Leadership, OAA, Badminton, Rugby, Football, Netball, Trampolining	Topic: Fitness, Leadership, OAA, Badminton, Rugby, Football, Netball, Trampolining	Topic: Cricket/Softball/Rounders	Topic: Athletics
Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What are the health-related fitness components?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What are the skill-related fitness components?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What are the five principles of training?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What are the four principles of FITT?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What does 'sedentary' lifestyle mean?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What makes up a balanced diet?
Equipment Needed <ul style="list-style-type: none"> • Red or black T shirt/Polo Shirt • Black Shorts/Tracksuit Bottoms • Red or black Sweatshirt/Jumper • Trainers • Red or black Football Socks • Football Boots and Shinpads • NO Coats, Zipped Jackets or Hoodies • Please mark your kit with your full name 		Wider Reading https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study https://www.bbc.co.uk/bitesize/subjects/zdhs34j		Family activities <ul style="list-style-type: none"> • Ensure your child is prepared for their PE lessons by having the correct PE kit • Encourage your child to take part in PE/Sport extra-curricular activities at school • Provide opportunities for your child to take part in physical activity (exercise or sport) outside of school • Encourage your child to watch sport e.g. on TV 	