**Year 10 - Physical Education Curriculum Overview 2024 – 2025**

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| **YR**  **10** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Content** | * Football * Cross Country | * Basketball * Badminton | * Dodgeball * Health Related Fitness | * Pickleball * Tag Rugby | * Athletics * Rounders | * Athletics * Cricket |
| **Key new knowledge** | **Football**  Turning with the Ball – Outside Hook  Turning with the Ball – Inside Hook  Turning with the Ball – Step Over Turn  Foot skills – feinting  Foot Skills – Step over  Long Passing – Lofted Pass  Long Passing – Curving the ball  Shooting – Side Volley  2v2 – (one-two wall pass)  Crossing and finishing  **Cross Country**  Delevoping cardiovascular endurance – pacing a 2.5km run | **Basketball**  Shooting - Mid-Range Shot  Passing and Receiving - Wrap-around Pass  Rebounding - Lay Up  Lay Up - Stage 3 &4  Conditioned 5v5 Game  Passing and Receiving - No-Look Pass  Defensive Strategies - Help Defense  **Badminton**  Advanced Doubles Tactics  Singles Strategy and Tactics  Advanced Serving Techniques (e.g., flick serve, high serve)  Defensive Techniques (e.g., lifts, blocks)  Net Play and Interceptions  Recovery and Footwork Drills  Advanced Shot Selection and Placement | **Dodgeball**  dodging techniques  (Fake Dodge & Partner Dodge)  Using different throws  (Backhand & Lob)  strategies and adapting gameplay  **HRF**  Create and complete a training plan to improve one component of health  Create and complete a training plan to improve one component of skill | **Pickleball**  Serve:  Spin  Ground Strokes:  Speed  Spin  Volleys:  Distance  Height  Net Shots:  Drop shots  Tactical:  Advanced Rules  Partner Communication  **Tag Rugby**  Attacking Play Scissors 1 + 1  Attacking Play The Loop 1 + 1  Kicking – Chip Kick  Handling – Catching a Flighted/Kicked Ball  Lineout | **Athletics**  Specialisation and Personalisation: Students choose preferred events for further specialization  Sports day: Prepare students for inter-class athletics competition to demonstrate their skills and compete against Peers.  **Rounders**  Backhand Batting  Bowling Spin  Covreing | **Athletics**  Specialisation and Mastery: Students focus on their chosen events for mastery.  Self-Officiating and Measurement: Students learn to measure and officiate their performances accurately.  **Cricket**  Fielding: One arm pick up and throw  Batting: striking off the back foot  Danish Rounders  Bowling: Partner bowling  Pairs Cricket |
| **Assessments** |  |  |  |  |  |  |