**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 HookTurning with the Ball – Inside HookTurning with the Ball – Step Over TurnFoot skills – feintingFoot Skills – Step overLong Passing – Lofted PassLong Passing – Curving the ballShooting – Side Volley2v2 – (one-two wall pass)Crossing and finishing**Cross Country**Delevoping cardiovascular endurance – pacing a 2.5km run | **Basketball**Shooting - Mid-Range ShotPassing and Receiving - Wrap-around PassRebounding - Lay UpLay Up - Stage 3 &4Conditioned 5v5 Game Passing and Receiving - No-Look PassDefensive Strategies - Help Defense**Badminton**Advanced Doubles TacticsSingles Strategy and TacticsAdvanced Serving Techniques (e.g., flick serve, high serve)Defensive Techniques (e.g., lifts, blocks)Net Play and InterceptionsRecovery and Footwork DrillsAdvanced 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 healthCreate and complete a training plan to improve one component of skill | **Pickleball**Serve:SpinGround Strokes:SpeedSpinVolleys:DistanceHeightNet Shots:Drop shotsTactical:Advanced RulesPartner Communication**Tag Rugby**Attacking Play Scissors 1 + 1Attacking Play The Loop 1 + 1Kicking – Chip KickHandling – Catching a Flighted/Kicked BallLineout | **Athletics**Specialisation and Personalisation: Students choose preferred events for further specializationSports day: Prepare students for inter-class athletics competition to demonstrate their skills and compete against Peers.**Rounders**Backhand BattingBowling SpinCovreing | **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 throwBatting: striking off the back footDanish RoundersBowling: Partner bowlingPairs Cricket |
| **Assessments** |  |  |  |  |  |  |