

Year 10 Physical Education

Autumn

Invasion Games

Hockey, Netball, Basketball

**Replication of Movement -
Fitness**



Spring

Invasion Games - Rugby

Replication of Actions - Athletics

Alternative Sports 1

**Outdoor Adventurous Activities -
Orienteering**

Summer

**Striking & Fielding - Softball,
Cricket**

Net/Wall Activities - Tennis

Alternative Sports 2



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> • Making and Applying Decisions • Ability to complete student led tasks • Ability to use diagrams and instructions to construct learning zones • Taking responsibility for organising teams • Taking on a range of roles within a team • Taking on a range of roles within the lesson 	<ul style="list-style-type: none"> • Confidence - students confidence will improve through development of knowledge, understanding and ability in a range of sports and through feedback on performance. Improved confidence in ability to lead and take part in competitive sport. • Organisation - students develop ability to organise and lead parts of the lesson and in game situations. • Resilience - students build resilience through failure/success in their ability and in playing competitive sport. Also through feedback on performance. • Empathy - students develop empathy through their sporting experiences, their relationships, respect for others and sportsmanship. 	<ul style="list-style-type: none"> • Verbal/ nonverbal Communication • Problem Solving • Tactical decision making • Sending • Receiving • Defending/Attacking • Movement on ball • Movement off ball • Sports specific skills • Warm up and cool down effectively • Interception • Control • Game play (rules) 	<ul style="list-style-type: none"> • Extra curricular clubs • Representing the school in competitive fixtures against other schools • Trips to professional sports events/ fixtures • Inter-House competitions • Leadership opportunities - leadership courses, leading primary sporting events, Open Evening Sports Events