

Physical Education Year 10 Curriculum Overview

What is the Year 10 Physical Education curriculum aiming to achieve?

What do we want our Year 10 Sportspeople to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
<ul style="list-style-type: none"> To have a passion for sport. To attend extra-curricular clubs on a regular basis. To be engaged in learning about how to lead a healthy and active life. To be proud to represent their school sports teams. To show good sportsmanship and sporting etiquette. 	<ul style="list-style-type: none"> Most students would have developed an understanding of skills within a SSG. Pupils will begin to use specialist vocabulary with intent. Pupils will have knowledge and understanding of key health and fitness principles. 	<ul style="list-style-type: none"> Encourage your child to sign up / play for a sports team / activity outside school. Show an interest in the extra-curricular activities offered at school and encourage them to take part. Take part in physical exercise with your child e.g. walk / run / swim. Encourage them to take part in a minimum of 20 minutes exercise per day.

How are we organising the Year 10 Physical Education curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	G – Net / Bad G- Bad / Net B – Rug / TT B – TT / Rug M Hock / Foot	G – Fit / Fit G- Foot / Tramp B – Foot / Multi B – Multi / Sport M Bad / Vol	G – Tramp / Hock G- Hock / Foot B – Foot / BB B – BB / Foot M Fit / BB	Aut 1 / Aut 2 / Spr 1 activities taught on 4 week cycle. Throughout Aut and Spring Terms.	G – Athletics G- Athletics B – Athletics B – Athletics M – Athletics	G – Rounders G- Tennis B – Cricket B – Softball M – Rounders
Threshold Concepts	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3
Skills	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev
Enrichment within the curriculum	At Pershore High School there are a range of opportunities to participate in your favourite sport or to try out a new one. The school compete in the SWSSA District leagues, and enter teams into the County Cup Competitions. The department runs a highly popular inter-house competition calendar. Competitions usually take place at the end of each half-term, with additional competitions ran to complement national sporting weeks.					
Cross curricular links	We pride on our ability to incorporate extra-curricular links. We will be making links to Biology, Geography, Music, Maths and this will be integrated into our teaching. For example, we will be focusing on the body systems during the Health and Fitness unit of work. During the athletics unit, students measure distances, record times and heights and analyse numerical data in order to evaluate their own and others performances.					
Extra-curricular opportunities	Extra-curricular clubs and fixtures are offered during lunchtimes and after school, students will have the opportunity to train and play for a number of teams including: Netball, Hockey, Football, Rugby, Cross-country, Athletics, Rounders, Basketball, Dance, Cricket, Badminton, Trampo-lining, Tennis and Table Tennis. PHS actively promotes engagement within the community and has a number of school club links.					

What are the intended outcomes of the Year 10 Physical Education curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Opportunities to show progress (Assessments)	No formal assessment. Teacher observation Effort grade awarded	No formal assessment. Teacher observation Effort grade awarded	No formal assessment. Teacher observation Effort grade awarded	No formal assessment. Teacher observation Effort grade awarded	No formal assessment. Teacher observation Effort grade awarded	No formal assessment. Teacher observation Effort grade awarded
Impact on personal development (SMSC)	During KS4 Core PE students will explore a wide variety of sporting activities with the majority of learning taking place through gameplay, conditioned games and competitions. Students are given option choices so that they participate in sports they enjoy and can then focus on developing and executing key tactics and strategies.					
Preparation for the next	The KS4 Core PE Curriculum, has been designed to encourage the social elements of that the subject can offer. It is hoped that pupils will gain a positive experience of sport, and this will encourage a sporting habit for life.					

stage of education	Those pupils who have opted for GCSE or Cambridge National Sport at KS4, will be able to carry on their study of sport at A Level or on the Level 3 Cambridge Technical Course.
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