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| **Subject: Physical Education** |
| **Year: 10 core** |
| Half -Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Themes/Content/A can of a product  Description automatically generated with medium confidenceUnits covered | **Volleyball**To develop the effectiveness and consistency of a serving.A cartoon rocket ship with red and blue stripes  Description automatically generatedTo perform an accuracy, return of serve A cartoon rocket ship with red and blue stripes  Description automatically generatedTo understand how to block a shot, and communicate when to performA cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo develop consistency of anticipation and reaction to game playA cartoon rocket ship with red and blue stripes  Description automatically generatedDevelop ideas to ensure that formations work effectively A cartoon rocket ship with red and blue stripes  Description automatically generated**Handball**To effectively dribble using both handsA cartoon rocket ship with red and blue stripes  Description automatically generatedTo describe how to perform all passesA purple and green masks with a sad face  Description automatically generatedTo demonstrate the correct selection of passes and shotsA cartoon rocket ship with red and blue stripes  Description automatically generatedTo analyse game play and create tactics and strategies for effective playA purple and green masks with a sad face  Description automatically generatedTo demonstrate feinting with the ball to gain an advantage.A cartoon rocket ship with red and blue stripes  Description automatically generated | **Table tennis**To consistently return serve into a variety of areas of the tableA cartoon rocket ship with red and blue stripes  Description automatically generatedTo describe the difference between a push and a slice shotA purple and green masks with a sad face  Description automatically generatedUnderstand the importance of footwork and table positionTo be able to effectively communicate in a double gameA rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generated **Badminton**To effectively play a range of servesA cartoon rocket ship with red and blue stripes  Description automatically generatedTo develop use of the shots on the backhand.A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be able to discuss tactics and why they have been chosenA purple and green masks with a sad face  Description automatically generatedTo develop accuracy and consistency of shots on the forehandA cartoon rocket ship with red and blue stripes  Description automatically generatedDevelopment of using the whole court to gain control of the gameA cartoon rocket ship with red and blue stripes  Description automatically generated | **Fitness**  Understand a variety of training methodsBe able to identify muscles groups within the bodyExplain the short-term effects of exerciseTo identify how to apply progressionA cartoon rocket ship with red and blue stripes  Description automatically generatedTo understand what tedium is and how to ensure that performers do not suffer from it **Football**Planning and organising a training session to deliver to peersA rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo understand and apply attacking and defensive strategies To develop and improve technique, control and skill excecutionA cartoon rocket ship with red and blue stripes  Description automatically generatedContinualdevelopment and refinement of previously learnt skills | **Fitness** To design a success fitness sessionA purple and green masks with a sad face  Description automatically generatedTo be able to describe specificityA purple and green masks with a sad face  Description automatically generatedTo be able to identify the long-term effects of exercise and explain how these will develop of timeA cartoon rocket ship with red and blue stripes  Description automatically generatedTo perform in a variety of fitness sessions  **Basketball**To develop consistency and accuracy of shooting To effectively use a lay up in a game situationA cartoon rocket ship with red and blue stripes  Description automatically generatedTo develop timing and success when rebounding the ball A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be able to design strategies to gain an advantage over an opponentA purple and green masks with a sad face  Description automatically generatedTo be able to evaluate strengths and weaknesses in others performanceA purple and green masks with a sad face  Description automatically generatedTo be able to make the correct decisions when using the triple threat positionA purple and green masks with a sad face  Description automatically generated  | **Rounders** To develop consistency and accuracy when hitting the ball To vary the speed and height of bowlsDevelop accuracy when throwing the ball to a team member A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be able identify gaps on the field and place balls in that direction A cartoon rocket ship with red and blue stripes  Description automatically generated **Softball**Develop of effectiveness of stealing a base. To develop accuracy and consistency of bowling techniques To be able to consistently contact the ball when batting A cartoon rocket ship with red and blue stripes  Description automatically generatedTo understand batting order To discuss and agree tactics with teammates A purple and green masks with a sad face  Description automatically generatedA rainbow colored heart with arrows  Description automatically generatedTo develop the technique of forcing outs A cartoon rocket ship with red and blue stripes  Description automatically generated | **Cricket** To recap and develop bowling accuracy and technique To develop bowling technique to include different pace and spin styles A cartoon rocket ship with red and blue stripes  Description automatically generatedTo improve the consistency and effectiveness of the front foot and back foot shot A cartoon rocket ship with red and blue stripes  Description automatically generatedReiterating fielding basics and perfecting techniques for this A cartoon rocket ship with red and blue stripes  Description automatically generatedOpportunities for leadership andumpiring scenarios.A rainbow colored heart with arrows  Description automatically generated**Tennis** To effectively return a variety of serve To develop range of depth of ground strokes. A cartoon rocket ship with red and blue stripes  Description automatically generatedTo understand the advantages of placing the ball To evaluate others performance, identifying strengths and weaknessesA rainbow colored heart with arrows  Description automatically generatedTo develop footwork and court positioning around the net A cartoon rocket ship with red and blue stripes  Description automatically generatedTo secure an accurate volleyA cartoon rocket ship with red and blue stripes  Description automatically generated |

