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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 generated  To perform an accuracy, return of serve A cartoon rocket ship with red and blue stripes  Description automatically generated  To 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 generated  To develop consistency of anticipation and reaction to game playA cartoon rocket ship with red and blue stripes  Description automatically generated  Develop 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 generated  To describe how to perform all passesA purple and green masks with a sad face  Description automatically generated  To demonstrate the correct selection of passes and shots  A cartoon rocket ship with red and blue stripes  Description automatically generated  To analyse game play and create tactics and strategies for effective playA purple and green masks with a sad face  Description automatically generated  To 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 table  A cartoon rocket ship with red and blue stripes  Description automatically generated  To describe the difference between a push and a slice shotA purple and green masks with a sad face  Description automatically generated  Understand the importance of footwork and table position  To 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 serves  A cartoon rocket ship with red and blue stripes  Description automatically generated  To develop use of the shots on the backhand.  A cartoon rocket ship with red and blue stripes  Description automatically generated  To be able to discuss tactics and why they have been chosen  A purple and green masks with a sad face  Description automatically generated  To develop accuracy and consistency of shots on the forehand  A cartoon rocket ship with red and blue stripes  Description automatically generated  Development 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 methods  Be able to identify muscles groups within the body  Explain the short-term effects of exercise  To identify how to apply progressionA cartoon rocket ship with red and blue stripes  Description automatically generated  To 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 generated  To 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 generated  Continual  development and refinement of previously learnt skills | **Fitness**  To design a success fitness sessionA purple and green masks with a sad face  Description automatically generated  To be able to describe specificityA purple and green masks with a sad face  Description automatically generated  To 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 generated  To 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 generated  To develop timing and success when rebounding the ball A cartoon rocket ship with red and blue stripes  Description automatically generated  To be able to design strategies to gain an advantage over an opponentA purple and green masks with a sad face  Description automatically generated  To be able to evaluate strengths and weaknesses in others performanceA purple and green masks with a sad face  Description automatically generated  To 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 bowls  Develop accuracy when throwing the ball to a team member A cartoon rocket ship with red and blue stripes  Description automatically generated  To 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 generated  To 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 generated  To 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 generated  To improve the consistency and effectiveness of the front foot and back foot shot A cartoon rocket ship with red and blue stripes  Description automatically generated  Reiterating fielding basics and perfecting techniques for this A cartoon rocket ship with red and blue stripes  Description automatically generated  Opportunities for leadership and  umpiring 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 generated  To understand the advantages of placing the ball  To evaluate others performance, identifying strengths and weaknessesA rainbow colored heart with arrows  Description automatically generated  To develop footwork and court positioning around the net A cartoon rocket ship with red and blue stripes  Description automatically generated  To secure an accurate volleyA cartoon rocket ship with red and blue stripes  Description automatically generated |

A purple and green masks with a sad face

Description automatically generatedA rainbow colored heart with arrows

Description automatically generatedA cartoon rocket ship with red and blue stripes

Description automatically generatedA drawing of a book

Description automatically generated