









# Year 10 Physical Education Curriculum



Term	Curriculum content
<b>Michaelmas 1</b>    	<p><b><u>Girls:</u></b> Football, pupils will be learning about rules such as offside. They will perfect their dribbling, passing and have learn more about shooting. Pupils will have a lot of game play.</p> <p>Training for potential teams in both boys and girl's cups and fixtures.</p> <p><b><u>Boys:</u></b> Rugby, pupils will participate in a lot of game play focusing deeper on rucking and scrums as well as tackling with the correct technique. Pupils will have a lot of game play.</p> <p>Training for rugby festivals.</p> <p><b><u>Both:</u></b> Sports Leader , pupils will have the opportunity to take our sports leader course which consists of them learning how to deliver a session to primary school students. These pupils will learn responsibility, gain confidence and key knowledge needed to teach a class of pupils.</p>
<b>Michaelmas 2</b>    	<p><b><u>Girls:</u></b> Rugby, pupils will participate in a lot of game play focusing deeper on rucking and scrums as well as tackling with the correct technique. Pupils will have a lot of game play.</p> <p><b><u>Boys:</u></b> Football, pupils will be learning about rules such as offside. They will perfect their dribbling, passing and have learn more about shooting. Pupils will have a lot of game play.</p> <p><b><u>Both:</u></b> Sports Leader—continuation</p>
<b>Lent 1</b>  	<p><b><u>Girls:</u></b> Trampolining, pupils will perfect simple trampolining skills such as star jump, straddle jump, tuck jump, 1/2 twist, full twist and seat landings. Pupils will develop their trampolining skills with front and back landings.</p> <p><b><u>Boys:</u></b> Table Tennis/Badminton, pupils will lead sessions where they are coaching and refereeing and giving corrections on the returns, serves and rules. Pupils will have a lot of game play.</p> <p><b><u>Both:</u></b> Sports Leader—continuation</p>
<b>Lent 2</b>    	<p><b><u>Girls:</u></b> Netball, pupils will lead sessions where they are coaching and umpiring and giving corrections on the different positions and rules. Pupils will have a lot of game play.</p> <p>Training for potential teams in both boys and girl's cups and fixtures.</p> <p><b><u>Boys:</u></b> Table Tennis/Badminton, pupils will lead sessions where they are coaching and refereeing and giving corrections on the returns, serves and rules. Pupils will have a lot of game play.</p>
<b>Trinity 1</b>    	<p><b><u>Batting and Fielding Games</u></b></p> <p>Rounders, pupils will act as umpires for the game. Table Tennis/Badminton, Pupils will lead sessions where they are coaching and refereeing and giving corrections on the returns, serves and rules. Pupils will have a lot of game play.</p> <p>Cricket, pupils will develop and perfect their throwing, batting and catching techniques as well as the rules of the game and positioning. Some students will act as umpires for the game. Table Tennis/ Badminton, Pupils will lead sessions where they are coaching and refereeing and giving corrections on the returns, serves and rules. Pupils will have a lot of game play.</p>
<b>Trinity 2</b>  	<p><b><u>All students:</u></b> Athletics, pupils will learn the complex techniques for <u>Track events</u> – 100m, 200m, 1500m and 4x100m. Exit from a block when sprinting and also relay batons exchange. <u>Field events</u> – shot-put, discus and javelin.</p>