



Department:	PE
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Year 10 Course Summary:

Pupils will engage with a variety of sporting activities throughout the academic year, typically spending one half-term block on each sport.

Physical Education Activities:

Health Related Exercise

Pupils will develop knowledge and understanding of the different components of fitness and learn about the subsequent health benefits of exercise. Pupils will perform recognised fitness tests throughout the unit as they develop their resilience and self-awareness of their own strengths and weaknesses.

Badminton

Pupils will develop their understanding of key shot techniques and enhance their awareness of rules and tactical concepts that allow them to select the required skills within a competitive context.

Volleyball

Through a variety of practice formats, pupils will develop their awareness of the rules of volleyball and be able to utilise this knowledge within a competitive context. They will enhance their communication skills and reactive problem solving under pressure.

Basketball

Students will develop their hand-eye coordination and spatial awareness through a variety of specific skill-based games and activities. They will learn to adjust their decision making according to a variety of variables through experiencing constantly changing attacking and defensive scenarios.

Cricket

Pupils will develop a greater understanding of the key fundamental skills required in batting, bowling and fielding and be able to apply them within a competitive context. Game formats within lessons will allow pupils to mature their teamwork skills and apply tactical concepts to different scenarios.

Handball

Pupils will develop their fundamental movement skills of jumping, landing and dodging through the handball unit and enhance their throwing and catching ability. Pupils will learn to enhance their inter-personal skills and apply them to the tactical problem solving scenarios presented by opposition defence and attacking structures.

Games Activities:

Rugby

Pupils will continue to develop their understanding of the rules and tactical concepts in rugby and strengthen their mental fortitude and self-confidence in contact scenarios. Pupils will further develop safe contact skills and enhance the existing fundamentals of catching and passing as well as a maturing knowledge of strategic decision making in specific competitive scenarios.

Cricket

Experienced within games lessons, as well as PE (see above), pupils will continue to develop their fundamental skills. Within games lessons, pupils will grow in confidence and competence when playing with a regulation cricket ball. Pupils will be able to demonstrate the effective use of batting protective equipment and also apply their understanding of field positions in order to outwit an opponent.

Athletics

Pupils will develop their technical proficiency in throwing and jumping events alongside their biomechanical competence in sprinting and long distance running events. Pupils will develop their physical attributes and become self-aware about each event's physical requirements.

Hockey

Pupils will gain a clearer understanding of the key core skills required for effective hockey performance and improve their awareness of the rules and tactical concepts that are needed in competitive context. Pupils will develop their ability to control and transfer possession of the ball as well as apply defensive and attacking strategies in order to outwit an opponent.

IST Assessments:

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Health Related Exercise	Volleyball	Cricket
Badminton	Basketball	Handball

Key Skills:

- Communication with teammates
- Leadership and organisation
- Self-awareness of strengths and weaknesses
- Tactical awareness
- Creativity
- Problem solving
- Resilience
- Physical literacy
- Sportsmanship
- Decision making