CURRICULUM MAP: BOYS PE YEAR 10



								EOY Assessment Point
							HT6: Athletics Track / Softball	HT1 – HT6
					HT5: Athletics Track / Softball	Overarching unit intent:	Individuals are a taught in mixed ability groups for athletics and softball.	
				HT4: Football/ Handball	Assessment Point: Summative or AFL	Overarching unit intent:	Tackle complex and demanding physical	Key Disciplinary
			HT3: Table Tennis / Basketball	Overarching unit intent:	HT3 and HT4 (with elements of HT1	Tackle complex and demanding physical	activities that develop personal fitness and	Knowledge
	HT2: Football /	Assessment Point:	Overarching unit	Tackle complex and	and HT2)	activities that develop personal fitness and	promote an active health lifestyle. Engage in competitive games	Understand what makes a performance effect and
	Handball	Summative or AFL	<u>intent:</u>	demanding physical activities that develop	Individuals are allowed to develop their	promote an active health lifestyle. Engage	and sport.	how to apply these principles to their own and
HT1: Heath related fitness / table tennis	Overarching unit intent:	HT1 & HT2	Tackle complex and demanding physical activities that develop	personal fitness and promote an active health lifestyle. Engage	performance in the activity of their choice from basketball / table	in competitive games and sport.	Athletics track	others work.
badminton Overarching unit	Tackle complex and	Individuals are allowed to develop their	personal fitness and promote an active	in competitive games and sport.	tennis and football / handball with the aim	Athletics track	Re-visit skills learnt in HT5 to achieve their	<u>Key Concepts</u>
<u>intent:</u> Tackle complex and	demanding physical activities that develop personal fitness and	performance in the activity of their choice from badminton / table	health lifestyle. Engage	Football	of developing their technique and	Re-visit skills learnt in KS3	personal best.	Embed physical development and skills learnt.
demanding physical activities that develop	promote an active health lifestyle. Engage	tennis and football / handball with the aim	and sport.	Re-visit skills learnt in	improving their performance.		60m, 100m, 150m,	Develop technique and improve performance.
personal fitness and promote an active	in competitive games and sport.	of developing their technique and	Table Tennis	HT2	Key disciplinary	60m, 100m, 150m, 200m, 300m, 400m,	200m, 300m, 400m, 800m.	Understand what makes a performance effective,
health lifestyle. Engage in competitive games	Football	improving their performance.	Re-visit skills learnt in HT1	Apply these skills in full competitive games developing a variety of	knowledge Demonstrate	800m. Softball	Softball	Self / peer assessment, Engaging in competitive
and sport. Health related fitness:	Re-visit skills learnt in KS3.	Key disciplinary knowledge	Apply these skills in full competitive games	tactics and strategies	improvement across the activities of their	Re-visit skills learnt in	Re-visit skills learnt in HT5	sports and activities. Understand and apply the
Build upon techniques applied in Year 9.	Apply these skills in full	Demonstrate	developing a variety of tactics and strategies	opponents.	choice and evaluate their performance	KS3	Apply these skills in full	short/ long term health benefits of physical activity to lead a health active
Circuit training, interval training, cardio	competitive games developing a variety of	improvement across the activities of their	to overcome opponents.	Handball	compared to previous ones.	Apply these skills in full competitive games	competitive games developing a variety of tactics and strategies	lifestyle. Engage in competitive
vascular fitness testing, to develop health	tactics and strategies to overcome	choice and evaluate their performance	Basketball	Re-visit skills learnt in HT2	Key Concepts	developing a variety of tactics and strategies to overcome	to overcome opponents.	games and sport.
related fitness and health awareness.	opponents. Handball	compared to previous ones.	Re-visit skills learnt in KS3.	Apply these skills in full competitive games	Embed physical development and skills	opponents.		<u>Cross curricular links</u>
Table Tennis	Handball Re-visit skills learnt in		Apply these skills in full	developing a variety of tactics and strategies	learnt, Develop technique and			Maths, Science, CPSHCE, Food and
	KS3.		competitive games developing a variety of	to overcome opponents.	improve performance.			Nutrition.

With God all things are possible Matthew 19:26



Re-visit skills learnt in		Key Concepts	tactics and strategies	Understand what		
KS3.	Apply these skills in full		to overcome	makes a performance		
Apply these skills in full	competitive games	Embed physical	opponents.	effective,		
competitive games	developing a variety of	development and skills		Self / peer assessment,		
developing a variety of	tactics and strategies	learnt,		Engaging in competitive		
tactics and strategies	to overcome	Develop technique and		sports and activities.		
to overcome	opponents.	improve performance.		Pupils expected to		
opponents.		Understand what		know, apply and		
		makes a performance		understand the skills		
Badminton		effective,		and process for each		
		Self / peer assessment,		sporting activity.		
Re-visit skills learnt in		Engaging in competitive		Understand and apply		
KS3.		sports and activities.		the short/ long term		
		Pupils expected to		health benefits of		
Apply these skills in full		know, apply and		physical activity to lead		
competitive games		understand the skills		a health active lifestyle.		
developing a variety of		and process for each		Compete in activities		
tactics and strategies		sporting activity.		that build character and		
to overcome		Understand and apply		help to embed valves		
opponents, including		the short/ long term		such as fairness and		
doubles matches.		health benefits of		respect. Engage in		
		physical activity to lead a health active lifestyle.		competitive games and		
		Compete in activities		sport.		
		that build character and				
		help to embed valves				
		such as fairness and				
		respect. Engage in				
		competitive games and				
		sport.				
		Shour a				