

CURRICULUM MAP:
BOYS PE
YEAR 10



ST JAMES'
CATHOLIC HIGH SCHOOL

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



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