CURRICULUM MAP: GIRLS PE YEAR 10



				HT4: Basketball/ Fitness	Assessment Point: Summative or AFL		HT6: Athletics Track / Rounders Overarching unit intent: Tackle complex and demanding physical	EOY Assessment Point  HT1 – HT6  Individuals are a taught in mixed ability groups for athletics and softball.  Key Disciplinary
						HT5: Athletics Field/ Rounders Overarching unit intent:		
			HT3: Football/ Handball	Overarching unit intent:	HT3 and HT4 (with elements of HT1	Tackle complex and demanding physical	activities that develop personal fitness and	<u>Knowledge</u>
	HT2:	Assessment Point:	Overarching unit	Tackle complex and	and HT2)	activities that develop personal fitness and	promote an active health lifestyle.	Understand what makes a performance effect and
	Badminton/Fitness	Summative or AFL	<u>intent:</u> Tackle complex and	demanding physical activities that develop personal fitness and	Individuals are allowed to develop their performance in the	promote an active health lifestyle.	Athletics track	how to apply these principles to their own and others work. Engage in
HT1: Netball/Hockey  Overarching unit	Overarching unit intent:	HT1 & HT2 Individuals are allowed	demanding physical activities that develop	promote an active health lifestyle.	activity of their choice from basketball / table	Athletics track	Re-visit skills learnt in KS3.	competitive games and sport.
intent: Tackle complex and	Tackle complex and demanding physical	to develop their performance in the	personal fitness and promote an active		tennis and football / handball with the aim	Re-visit skills learnt in KS3	60m, 100m, 150m, 200m, 300m, 400m,	<u>Key Concepts</u>
demanding physical activities that develop	activities that develop personal fitness and	activity of their choice from badminton /	health lifestyle.	Re-visit HT 2: Health related fitness:	of developing their technique and improving their	Shot putt, Javelin, Discuss, Long jump,	800m.	Embed physical
personal fitness and promote an active	promote an active health lifestyle.	netball / hockey with the aim of developing their technique and	Handball	Build upon techniques applied in Year 9.	performance. Engage in competitive games and	Triple jump.	Rounders	development and skills learnt, Develop technique and
health lifestyle.  Netball:	Health related fitness: Build upon techniques	improving their performance. Engage in	Re-visit skills learnt in KS3.	Fitness tests and leading small sessions.	sport.	Rounders  Re-visit skills learnt in	Re-visit skills learnt in HT5	improve performance. Understand what makes a
Re-visit skills learnt in KS3.	applied in Year 9. Circuit training, interval training, cardiovascular	competitive games and sport.	Apply these skills in full competitive games developing a variety of	Basketball:	<u>Key disciplinary</u> <u>knowledge</u>	KS3	Apply these skills in full	performance effective, Self / peer assessment, Engaging in competitive
Apply these skills in full competitive games developing a variety of	fitness testing, to develop health related	<u>Key disciplinary</u> <u>knowledge</u>	tactics and strategies to overcome	Basic passing techniques, 3 man	Demonstrate improvement across	Apply these skills in full competitive games	competitive games developing a variety of tactics and strategies	sports and activities.  Understand and apply the
tactics and strategies to overcome	fitness and health awareness.	Demonstrate	opponents. Football	weave, dribbling skills and ball handling skills, lay-up, shooting	the activities of their choice and evaluate their performance	developing a variety of tactics and strategies to overcome	to overcome opponents.	short/ long term health benefits of physical activity
opponents.	Badminton	improvement across the activities of their choice and evaluate	Re-visit skills learnt in KS3.	games, conditioned games, small sided	compared to previous ones.	opponents.		to lead a health active lifestyle.
Hockey: Re-visit skills learnt in	Re-visit skills learnt in KS3.	their performance compared to previous ones.	Apply these skills in full competitive games developing a variety of	games.	Key Concepts			Cross curricular links
KS3. Apply these skills in full competitive games	Apply these skills in full competitive games	- Ones.	tactics and strategies to overcome		Embed physical development and skills			Maths, Science, CPSHCE, Food and
developing a variety of	developing a variety of		opponents.		learnt,			Nutrition.



tactics and strategies	tactics and strategies			Develop technique and		
to overcome	to overcome	Key Concepts		improve performance.		
opponents.	opponents, including	<u>,</u>		Understand what		
эррэнэнэ	doubles matches.	Embed physical		makes a performance		
		development and skills		effective,		
		learnt,		Self / peer assessment,		
		Develop technique and		Engaging in competitive		
		improve performance.		sports and activities.		
		Understand what		Pupils expected to		
		makes a performance		know, apply and		
		effective,		understand the skills		
		Self / peer assessment,		and process for each		
		Engaging in competitive		sporting activity.		
		sports and activities.		Understand and apply		
		Pupils expected to		the short/ long term		
		know, apply and		health benefits of		
		understand the skills		physical activity to lead		
		and process for each		a health active lifestyle.		
		sporting activity.		Compete in activities		
		Understand and apply		that build character and		
		the short/ long term		help to embed valves		
		health benefits of		such as fairness and		
		physical activity to lead		respect.		
		a health active lifestyle.				
		Compete in activities				
		that build character and				
		help to embed valves				
		such as fairness and				
		respect.				