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

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Re-visit skills learnt in	Key Concepts	to overcome	Understand what		
KS3.	<u>,</u>	opponents.	makes a performance		
Apply these skills in full	Embed physical		effective,		Developing Global
competitive games	development and skills		Self / peer assessment,		Catholic Citizens:
developing a variety of	learnt,		Engaging in competitive		Catholic Citizens.
tactics and strategies	Develop technique and		sports and activities.		Pupils are kind,
to overcome	improve performance.		Pupils expected to		considerate and fair to
opponents.	Understand what		know, apply and		peers
	makes a performance		understand the skills		peers
Badminton	effective,		and process for each		The classroom is inclusive
	Self / peer assessment,		sporting activity.		to all needs
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		Careers in sport discussed,
Apply these skills in full	know, apply and		physical activity to lead		please see attached
competitive games	understand the skills		a health active lifestyle.		please see attached
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		competitive games and		
	a health active lifestyle.		sport.		
	Compete in activities				
	that build character and		Engagement and		
	help to embed valves		Behaviour:		
	such as fairness and				
	respect. Engage in		Lessons are paced		
	competitive games and		appropriately		
	sport.				
			Teachers engage the		
	Engagement and		children through the		
	Behaviour:		passion and love for		
			their subject		
	Clear routines provide		Adaptive Teaching:		
	calm learning		Adaptive reaching:		
	environment		All activities are		
	Lessons are paced		accessible		
	appropriately		accessible		
	appropriately		Deepening Knowledge		
	Teachers engage the		and Understanding:		
	children through the		and onderstanding.		
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passion and love for their subject	Teachers model deep understanding of their	
Adaptive Teaching:	subject Prior learning is built	
All activities are accessible	upon as well	
Careers in sport discussed, please see	Questioning is used effectively	
attached	Assessment and Feedback:	
	Questioning is used to check understanding	
	Different feedback methods are used to secure progress	



Catholic Life of the School:

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The Physical Education department ensure our children strive to perform as global Catholic Citizens and demonstrate their faith through the manner in which they treat one another demonstrating skills and qualities such as respect, compassion, team work and leadership.

In Physical Education our pupils are taught the lesson of 'solidarity', this is demonstrated through working together as a team.

Pupils are also taught the lesson of 'rights and responsibilities', this is demonstrated when pupils are given certain roles with a team and to know their rights and responsibilities.

Pupils are also tasked with 'participation', we expect all children to participate during lessons to the best of their ability to reach their full potential.





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	Extended Reading
Half Term 1 Fitness and Table	Bullying/mental health- Corrie actor Colson Smith: 'I've been trolled over my weight for 10 years' https://www.bbc.co.uk/news/newsbeat-57234368
Tennis/ Badminton	Tips for first-time runner <u>https://www.bbc.co.uk/news/newsbeat-55996596</u> Guinness World Records Day: Try our record-breaking fitness quiz <u>https://www.bbc.co.uk/sport/54250925</u>
Half Term 2 Football and Handball	Handball - fact file <u>https://www.bbc.co.uk/bitesize/guides/zxspfrd/revision/1</u> Handball - essential skills and techniques <u>https://www.bbc.co.uk/bitesize/guides/z32qmnb/revision/1</u>
Half Term 3	Basketball – fact file
Table Tennis and Basketball	https://www.bbc.co.uk/bitesize/guides/z8w8j6f/revision/1 Basketball - essential skills and techniques
	https://www.bbc.co.uk/bitesize/guides/zy4r9qt/revision/1
Half Term 4 Football and Handball	Alex Scott: How to make it as a pundit https://www.bbc.co.uk/bitesize/articles/zjrgpg8
Half Term 5 Athletics Track and Softball	Kamila Valieva: What is trimetazidine - the drug at the centre of the Beijing Olympics doping scandal? https://news.sky.com/story/kamila-valieva-who-is-the-15-year-old-russian-figure-skater-at-the-centre-of-the-beijing-olympics-doping-scandal-12538895
Half Term 6 Athletics Track and Softball	Working in sports: Q&A panel with Max Whittle https://www.bbc.co.uk/bitesize/articles/zmywjsg