CURRICULUM MAP: GIRLS PE YEAR 10



								EOY Assessment Point
							HT6: Athletics Track / Rounders	HT1 – HT6
						HT5: Athletics Field/ Rounders	Overarching unit intent:	Individuals are a taught in mixed ability groups for
				HT4: Badminton/ Trampolining/Dance	Assessment Point: Summative or AFL	Overarching unit intent:	Tackle complex and demanding physical	athletics and softball.  Key Disciplinary
			HT3: Netball	Overarching unit intent:	HT3 and HT4 (with elements of HT1	Tackle complex and demanding physical	activities that develop personal fitness and	Knowledge
	HT2: Badminton/Trampolining	Assessment Point: Summative or AFL	Overarching unit intent:	Tackle complex and demanding physical	and HT2) Individuals are allowed	activities that develop personal fitness and promote an active	promote an active health lifestyle.	Understand what makes a performance effect and how to apply these
HT1: Hockey/Football	Overarching unit intent:	HT1 & HT2	Tackle complex and demanding physical	activities that develop personal fitness and	to develop their performance in the	health lifestyle.	Athletics track	principles to their own and others work.
Overarching unit intent:	Tackle complex and demanding physical	Individuals are allowed to develop their	activities that develop personal fitness and	promote an active health lifestyle.	activity of their choice from basketball /	Athletics track  Re-visit skills learnt in	Re-visit skills learnt in KS3.	<u>Key Concepts</u>
Tackle complex and	activities that develop personal fitness and promote an active health	performance in the activity of their choice from badminton /	promote an active health lifestyle.		Football/ hockey/ badminton/ trampolining with the	KS3	60m, 100m, 150m, 200m, 300m, 400m,	Embed physical development and skills
demanding physical activities that develop	lifestyle.	netball / Trampolining with the aim of	Netball:	Badminton	aim of developing their technique and	Shot putt, Javelin, Discuss, Long jump,	800m.	learnt,  Develop technique and
personal fitness and promote an active health lifestyle.	Badminton	developing their technique and improving their	Re-visit skills learnt in  KS3.  Apply these skills in full	Re-visit skills learnt in  KS3.  Apply these skills in full	improving their performance.	Triple jump. Rounders	Rounders	improve performance. Understand what makes a
Hockey:	Re-visit skills learnt in	performance.	competitive games developing a variety of	competitive games developing a variety of	<u>Key disciplinary</u> <u>knowledge</u>	Re-visit skills learnt in	Re-visit skills learnt in HT5	performance effective, Self / peer assessment, Engaging in competitive
Re-visit skills learnt in	KS3. Apply these skills in full	Key disciplinary knowledge	tactics and strategies to overcome opponents.	tactics and strategies to overcome opponents, including	Demonstrate improvement across	KS3 Apply these skills in full	Apply these skills in full competitive games	sports and activities. Understand and apply the
KS3. Apply these skills in full competitive games	competitive games developing a variety of tactics and strategies to	Demonstrate improvement across	Health related fitness: Build upon techniques	doubles matches.	the activities of their choice and evaluate their performance	competitive games developing a variety of tactics and strategies	developing a variety of tactics and strategies to overcome	short/ long term health benefits of physical activity to lead a health
developing a variety of tactics and strategies to overcome	overcome opponents, including doubles matches.	the activities of their choice and evaluate their performance	applied in Year 9. Circuit training,	Trampolining:	compared to previous ones.	to overcome opponents.	opponents.	active lifestyle.
opponents.	Trampolining:	compared to previous ones.	interval training, cardiovascular fitness testing, to develop	Teach health and safety procedures, basic shapes and	Key Concepts			Cross curricular links
Football Re-visit skills learnt in	Teach health and safety procedures, basic shapes		health related fitness and health awareness.	landings. Progressive skills and combinations	Embed physical development and skills			Maths, Science, CPSHCE, Food and
KS3.	and landings. Progressive skills and combinations			developed through the scheme.	learnt, Develop technique and improve performance.			Nutrition.



Apply these skills in full	developed through the	Key Concepts		Understand what	
competitive games	scheme.		Dance:	makes a performance	Career paths are discussed
developing a variety of		Embed physical		effective,	in lessons.
tactics and strategies		development and skills	Embed the skills	Self / peer assessment,	PE Teacher
to overcome		learnt,	learned in KS3, apply	Engaging in competitive	Sports Coach
opponents.		Develop technique and	these skills in a variety	sports and activities.	Physiotherapist
		improve performance.	of dance styles.	Pupils expected to	Sport Psychologist
		Understand what	Introduce dance as a	know, apply and	Armed forces
		makes a performance	method of training to	understand the skills	Personal Trainer
		effective,	develop health related	and process for each	Nutritionist
		Self / peer assessment,	fitness and health	sporting activity.	
		Engaging in competitive	awareness.	Understand and apply	Pupils participate and
		sports and activities.		the short/ long term	compete in activities that
		Pupils expected to		health benefits of	build character and help
		know, apply and		physical activity to lead	to embed values such as
		understand the skills		a health active lifestyle.	fairness and respect.
		and process for each		Compete in activities	
		sporting activity.		that build character	Engagement and
		Understand and apply		and help to embed	behaviour: Lessons are
		the short/ long term		valves such as fairness	paced appropriately,
		health benefits of		and respect.	teachers are engaged with
		physical activity to lead			the children through their
		a health active lifestyle.		Career paths are	passion and love for their
		Compete in activities		discussed in lessons.	subject.
		that build character and		PE Teacher	
		help to embed valves		Sports Coach	Adaptive teaching: All
		such as fairness and		Physiotherapist	activities are accessible.
		respect.		Sport Psychologist	Staff are aware of pupil
				Armed forces	needs and plan
		Career paths are		Personal Trainer	accordingly.
		discussed in lessons.		Nutritionist	
		PE Teacher			Deepening knowledge and
		Sports Coach		Pupils participate and	understanding: Teachers
		Physiotherapist		compete in activities	model deep
		Sport Psychologist		that build character	understanding of their
		Armed forces		and help to embed	subject. Prior learning is
		Personal Trainer		values such as fairness	built upon.
		Nutritionist		and respect.	
		Pupils participate and		Engagement and	
		compete in activities		behaviour: Lessons are	Assessment and feedback:
		that build character and		paced appropriately,	Questioning is used to
		help to embed values		teachers are engaged	check understanding.



	s fairness and	with the children		Regular assessment and
TO THE RESERVE OF THE PERSON O	espect.	through their passion		gap analysis are used to
		and love for their		identify areas for
		subject.		development and inform
Engag	gement and			planning.
	ur: Lessons are	Adaptive teaching: All		
	appropriately,	activities are accessible.		Developing global catholic
	rs are engaged	Staff are aware of pupil		citizens: Pupils are kind
	the children	needs and plan		considerate and fair to
	their passion	accordingly		peers. The classroom is
	ove for their	accordingly		inclusive of all needs
		Doononing knowledge		inclusive of all fleeds
S	subject.	Deepening knowledge		
		and understanding:		
	e teaching: All	Teachers model deep		
	are accessible.	understanding of their		
	aware of pupil	subject.		
need	ds and plan			
acc	cordingly	Assessment and		
		feedback: Questioning		
		is used to check		
		understanding.		
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## **Catholic Social Teaching-**

In PE we ensure we work towards the" Common Good" to enable every child to flourish, pupils are given this opportunity within the lesson and extra-curricular to achieve their true potential.



Within PE pupils are taught the importance of their "Rights and Responsibilities" by following and upholding the rules of the various sporting activities.

Within PE we encourage the "Stewardship of Creation" through the use of leadership, encouragement, tolerance of others within the game situations and in all aspects of the PE curriculum.