

Year 10 Core Physical Education

Students will have the opportunity to follow an engaging programme within physical education, which offers a wide variety of activities. Students are able to participate in both in-depth and taster courses throughout Year 10. We encourage students to take responsibility for their learning and a more open options programme in Year 10 facilitates this process, providing students with some control and ownership of their learning. It enhances motivation levels and encourages inclusion and participation of students. This has a massive role to play in the fostering of healthy lifestyles and encouraging lifelong participation.

Methods of deepening and securing knowledge:

Analysis of Performance	Students analyse and provide feedback on their own performances. Students identify and provide feedback as to what they feel they are doing well, whilst also recognising what they need to do in order to improve.
Peer Assessment	Students provide feedback to others, identifying strengths and weaknesses of their performance and are able to explain what they need to do in order to improve.

	Autumn term 1	Autumn term 2	Spring term 1
Topic(s)	Activities may include: adventurous activities, athletics, badminton, basketball, cricket, dance, football, health-related fitness, including fitness suite, hockey, golf, netball, rounders, softball, tennis, handball, table tennis, tchoukball, rugby and volleyball. There is a generic games-based unit which focuses on leadership, communication and teamwork, through a variety of different activities. Football, netball and badminton.	Team games, badminton, table tennis.	Team games, health-related fitness.
Assessment	Q&A, formative and summative assessment. Data collection at the end of the block for whole-school collection.	To demonstrate an accurate replication of techniques and carry these out in increasingly demanding situations. To show an understanding of the rules for each activity and the underlying principles of each. Data collection at the end of the block for whole-school collection.	Throughout the lesson and group competition. Data collection at the end of the block for whole-school collection.

<p>CEIAG (Careers that are linked to that topic)</p>	<p>Sports and leisure is a growing industry with opportunities in practical areas such as coaching, instructing and leading outdoor and adventure activities, as well as in facility management and administration.</p>	<p>Encouraged to participate in extra-curricular activities, enrichment activities, sports leaders to volunteer for partnership festivals.</p>	<p>Take on various roles in lessons, coach, umpire, leader, attend extra-curricular activities.</p>
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	Spring term 2	Summer term 1	Summer term 2
<p>Topic(s)</p>	<p>Athletics, handball, tchoukball, football.</p>	<p>Athletics, rounders, frisbee, tennis.</p>	<p>Rounders, cricket, frisbee, tennis.</p>
<p>Assessment</p>	<p>Q&A, formative and summative assessment. Data collection at the end of the block for whole-school collection.</p>	<p>To demonstrate an accurate replication of techniques and carry these out in increasingly demanding situations. To show an understanding of the rules for each activity and the underlying principles of each. Data collection at the end of the block for whole-school collection.</p>	<p>Throughout the lesson and group competition. Data collection at the end of the block for whole-school collection.</p>
<p>CEIAG (Careers that are linked to that topic)</p>	<p>Sports and leisure is a growing industry with opportunities in practical areas such as coaching, instructing and leading outdoor and adventure activities, as well as in facility management and administration.</p>	<p>Encouraged to participate in extra-curricular activities, enrichment activities, sports leaders to volunteer for partnership festivals.</p>	<p>Take on various roles in lessons, coach, umpire, leader, attend extra-curricular activities.</p>

Independent Study

Students have ample opportunities to participate in school-based extra-curricular clubs along with inter-house/form competitions. To deepen their knowledge and appreciation of different sports, we actively encourage students to watch quality performances live, on television or on the internet. All of the opportunities we offer hopefully would then motivate individuals to represent school teams or broaden their opportunities and join local community-based clubs.