



What Year 10 students will learn in the Autumn & Spring Term in PE

When students complete these activities will depend on the availability of facilities

Handball

Students should develop their knowledge of set plays and positions within a game context, making them effective players in game situations.

Hockey

Students should be able to link more complex skills within game play, to show a range of skills and can effectively apply rules in a full game context.

Netball

Through Teaching Games for Understanding approach
Students should develop their tactical awareness and employ strategies in a game.

Students should understand which positions take free passes and side line throws depending on place on court. Roles and responsibilities linked to set plays. Students will also continue to groove some of the basic skills.

Basketball

Students will develop more complex skills like the reverse and weaker hand lay-up. Students will also develop an understanding about how to attack and defend as part of a team.

Additional Information

Year 10 focus is development of complex skills and being able apply them into a small-sided game situation.

Students should develop their effectiveness during match play and be able to apply more complex rules in the role of an official in the sport. and small-sided game play along with learning and applying the basic rules. We seek to do this to maximise GCSE PE grades and to develop physical literacy.

Table Tennis

Students will develop more game play tactics in singles and in doubles too. Become more proficient at applying spin to the ball and using a range of strategies to outwit their opponents.

Rugby

Students will develop their effectiveness in game situations that involve more students and continue to revisit the key skills of the game. Students will develop the ability to select and apply the right skill for the situation and apply and understand more complex rules of the games.

Badminton

Students should be able to link more complex skills within game play, disguise their shots and learn how to attack as a pair in doubles. They should also begin to be able to officiate a doubles match.

Football

Students should be able to show effective play in a small sided game/full game situation, showing a range of skills and an ability to be effective in attacking and defensive situations.

HRF

Students will develop a greater knowledge and understanding of how the body responds to exercise and the most effective ways to train to illicit specific responses.

Volleyball

Students will develop their effectiveness in games through being able to understand more tactics and be able to use them in game to outwit their opponents. Students will also begin to hone the basic skills in more competitive situations.