



What Year 10 students will learn in the Spring Term in

Table Tennis

- 1 Be able to link slice serve, push, drive, smash.
- 2 Be able to play smash and forehand defensive slice more effectively.
- 3 Be able to play Backhand defensive slice (BHDS)
- 4 Know doubles serve and scoring rules
- 5 Know basic doubles positioning and tactics
- 6 Be able to use disguise in shots to outwit opponent.
- 7 Be able to create and exploit opportunities to attack in doubles

Health Related Fitness

1. to be able to warm-up for exercise effectively leading others
2. Understand different methods of training and appreciate work:relief ratios
3. Calculate heart rate and know if they are working aerobically or anaerobically.
4. Understand how to make healthier lifestyle choices
5. Appreciate how long it takes in terms of minutes exercising to burn off the calories that we consume.

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.

Basketball

1. Be able to demonstrate weaker hand reverse lay ups.
2. Be able to set screens and blocks effectively in games
3. Be able to demonstrate the jump shot
4. Be able to keep width in attack and vary angles of running.
5. To develop strategies to attack & defend as part of a team.
6. Be able to communicate effectively when refereeing

Football

1. Lead a small group warm up for football, to prevent injury and be able to perform in small-sided/full games.
2. Be able to play safely in a small-sided/full game, applying the main rules of football.
3. Be able to head the ball safely and effectively in offensive and defensive scenarios.
4. Be able to apply tactics in both attacking and defending scenarios.
5. Develop accuracy and consistency of performing core skills – passing, shooting, dribbling.
6. Be able to perform core skills - passing, shooting, dribbling – effectively in a small-sided/full game.