

| Year Group: 10 | | Subject: Core PE | Term: Summer |
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| Sport | Key Learning points | | Assessment |
| Cricket | <ol style="list-style-type: none"> 1. Slip catching and consolidating catching techniques under pressure – fingers up or fingers down methods 2. Effective game play – selecting and applying the right shot. 3. Finding the gap in the field via conditioned games – move your feet, pitch of the ball, open the face 4. Lofted drives – move to the pitch of the ball, negate spin, timing, high elbow and follow through 5. Different game scenarios – how to bat/bowl in each type of situation 6. Slower ball, arm ball, googly - Disguise when bowling and variations 7. More complex rules – no ball (evasive action run out), number of players behind square on leg side | | Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. |
| Rounders | <ol style="list-style-type: none"> 1. Students should be able to safely throw and catch, with varying distances and trajectories and be able to explain their decision. 2. Students should be able to bowl with accuracy and variety and demonstrate backstop decision making to support tactics within a game. 3. Students should be able to hit the ball regularly and apply a choice of hit – introduction of backward and short hits to create further variety. 4. Students should be able to make confident decisions when fielding, using a range of skills to respond to the batters. 5. Students should be able to make tactical decisions within conditioned games and full games – planned team tactics (e.g: Getting 2 batters out on 1 ball– apply tactic to force a double out) 6. Students should be able to umpire a full game – at both positions, calls, scores, control of box run outs 7. Students should be aware of the roles required to run a rounders tournament. | | Students will be given verbal feedback on how to improve their performance. |
| Athletics | <ol style="list-style-type: none"> 1. Be able to perform correct full techniques for, sprints, middle distance and relay 2. Be able to perform correct standing technique for discus and know how to adapt for competitions in a cage 3. Be able to perform sprint starts in races to include 100m, 200m, 400m 4. Show tactics relating to competitive situations in the field and on the track 5. Apply rules and regulations in a competitions as both a competitor and an official | | |