

Subject Curriculum Overview for Academic Year 2022/2023

Subject: Core PE		Subject Leader: Jordan Kontarines Amy Goodall (Dance)		Year Group: 10	AUTUMN/SPRING TERM
Topic	Key Learning Points			Key Vocabulary	Assessments
Dance (boys)	<ol style="list-style-type: none"> 1. Students can develop their core strength to control movements effectively such as spins 2. Students can use co-ordination to perform a ginga 3. Students can jump with precision and control 4. Students understand the cultural and historical context of capoeira 5. Students understand the health benefits and safety requirements of Capoeira 			Core-strength Ginga Balance Control Co-ordination	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.
Dance (girls)	<ol style="list-style-type: none"> 1. Students know how to balance with an even distribution of weight 2. Students know how to develop their flexibility 3. Students can use their core strength to control movement 4. Students can use their breath to control movement 5. Students understand the health benefits and safety requirements of Pilates 			Balance Flexibility Core-strength Extension Breath control	
Badminton	<ol style="list-style-type: none"> 1. Re-cap on previous shots (serves, clears, drops, smash, net lift, net shot) 2. Introduction to the drive – forehand and backhand 3. Develop more complex skills in practises and moving into games – back hand drop shot, cross court backhand net shot 4. Develop proficiency in playing to the rules of ½ court singles 5. Be effective in a double match using a ‘side by side’ strategy 6. Introduction to the rules of doubles – who should serve when and from where 7. Introduce the front and back strategy for doubles 8. Introduction to tactical placement of shots and then where you should move to as a pair 9. Develop Linking of more complex skills – long serve, drop shot, clear, smash/drop, cross court 			Lift Backhand Forehand Movement Tram lines Coverage	
Basketball	<ol style="list-style-type: none"> 1. Be able to play in 3v3 small-court games applying double dribble and out of bounds rules. 2. Be able to keep perform basic dribble with control 3. Be able to play the chest pass and know when to use it Know how to catch ball safely. 4. Be able to play the overhead pass and know when to use it 5. Know how to beat an opponent with change of speed, direction and crossover dribble. 6. Know basic defensive position in 1V1 situations. 			Double dribble Sideline Lay-up Posture Man to man Zonal Full/half court press	

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	<ol style="list-style-type: none"> 7. Be able to use basic set shot 8. Know basic defensive formations in a game situation – half-court man to man, full court press, 3:2 zone 9. Develop more accurate shooting in games – lay-up & set shot 10. Outwitting opponents in a game situation effectively – fast break. Good communication. 11. Accurate and speed of passing in game situations. Bounce and javelin 12. Can accurately officiate a half-court and full court game and explain reasons for decisions. 13. Be able to transition from defence to attack and vice versa. 		
<p>Netball</p>	<ol style="list-style-type: none"> 1. Centre Pass – Recap rules of the centre pass (offside rule), use some tactics of the centre pass (stack, overload, off the line). 2. Free pass on court – Recap that any player within that area can take the ball, begin to think tactically who is most appropriate to take the free pass, looking at the ball must be put down if another player is going to take it otherwise possession goes to the other team. 3. Side Line throw in – Rules of the throw in making sure that the foot is behind the line, think about the pass that will be most accurate to get to the player, who should take the throw in (Defensive 3rd GD/WD, attacking 3rd WA/C), use the space in the third that players start wide to have the space to run into to receive the ball. 4. Back line throw in – Ball positioning (above head), foot behind the line, having a ball side option body angled towards the ball, in shooting backline work on shooter to shooter pass. 5. Around the D – Work on player positioning around the D, introduce/recap ball side option to give shooters a clear option, use the triangle position (1 player top and 1 player pocket). 6. Penalty shot – Opponent must be stood by the side of player taking the shot, must be where the offence happened, shooter can step in to the shot to get closer to post (opponent can't move from where the offence happened), can be pass or shot, don't have to wait for player to step out of play. 	<p>Obstruction Contact Offside Footwork Create Space Overload</p>	
<p>Football</p>	<ol style="list-style-type: none"> 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. 	<p>Overlap Offside trap Goal Side Pass on Zonal</p>	

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	<ol style="list-style-type: none"> 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. 	Follow-through		
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 	Googly Wrong 'un Pitch of the ball Negate Cushion		
Subject: Core PE		Subject Leader: Jordan Kontarines	Year Group: 10	SUMMER TERM
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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 competition as both a competitor and an official 	Drive Force Power Acceleration Pacing	
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. 	Hit Fielding positions Tactical awareness Double out Backstop	

How parents can support learning in the subject this academic year

Make sure your child brings in the correct PE uniform: rugby shirt, navy JM t-shirt, navy shorts/skorts, navy tracksuit bottoms, blue rugby socks with the gold trim/white socks.

Shin pads are needed for football and hockey.

Gum shields are strongly recommended for hockey and rugby (National Governing Body guidance).

Encourage your child to take part in regular exercise at the weekend.

Encourage your child to attend the afterschool sports clubs.

Play games with your child, throwing and catching and practise other skills like changing direction.

Recommended Reading

There are many superb sports books in the school library that are suitable for students to enjoy.

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Points to note

There are many excellent sports clubs in the local area. Here are a handful that I would recommend. Please note that this list is not exhaustive.

Cricket – Colwall, Ledbury, Dymock, Redmarley, Bartestree

Football – Ledbury Swifts

Rugby – Ledbury Rugby Football Club

Athletics – Hereford/Worcester

Tennis – Ledbury Tennis Club

Hockey – Newent/Malvern

Basketball – Leadonites

JMSport – Courts and facility hire (squash, badminton, table tennis, martial arts)

Ledbury Leisure Centre – swimming