

Subject: Physical Education

Department Staff – Ms L Goodwin, Ms D Donnelly, Ms K Wiltshire

Year 10

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| <p><i>Contents: what you will study</i></p> <p>Invasion Games: Netball or Basketball full sided competition.</p> <p>Individual Activity: Fitness</p> |
| <p><i>National Curriculum levels at which you will work</i></p> <p>Levels 6 - 8</p> |
| <p><i>Skills which you will develop this term:</i></p> <p>Planning personal routine or PEP Advanced skills and techniques Counter tactics Umpiring, coaching</p> |
| <p><i>Assessment: how you will be tested this term</i></p> <p>You will assessed on your ability to</p> <ul style="list-style-type: none">• Quality and depth of personal routine or PEP• Consistency of advanced skills within practice and performances• Recognition and use of counter tactics• Quality and depth of officiating and coaching |
| <p><i>Equipment which you will need for this terms work</i></p> <p>Outdoor PE kit, trainers essential PE kit bag</p> |
| <p><i>Key words which you will need to learn for this term's work</i></p> <p><u>Invasion Games:</u> Fast-breaks, manipulation of play, performance impact, prior knowledge, set plays <u>Individual Activities:</u> Principles of composition and performance, preparation for activity performance, judging against criteria, strength, dietary implications suppleness and stamina</p> |

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| <i>Contents: what you will study</i> Dance/gymnastic Activities |
| <i>National Curriculum levels at which you will work</i> Levels 6 - 8 |
| <i>Skills which you will develop this term:</i> Transferring previous skills and knowledge of Gymnastic and Dance activities. Developing compositional and analysis skills. |
| <i>Assessment: how you will be tested this term</i> You will be assessed on your ability to: <ul style="list-style-type: none">• Link actions smoothly and cohesively• Select and implement safe warm and cool down programmes• Have a clear idea on how to develop, progress, and improve their own and other's work |
| <i>Equipment which you will need for this term's work</i> Tracksuit top and bottoms, P.E. shirt, socks PE kit bag |
| <i>Key words which you will need to learn for this term's work</i> <u>Gymnastic Activities</u> Principles of composition and performance, preparation for activity performance, judging against criteria, suppleness and stamina. |

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| <p><i>Contents: what you will study</i> Net Games: Volleyball/ badminton</p> <p>Striking & Fielding Games: Stoolball/ Rounders</p> |
| <p><i>National Curriculum levels at which you will work</i> Level 6 - 8</p> |
| <p><i>Skills which you will develop this term:</i></p> <p>Developing compositional and analysis skills & linking these to create simple routines. Developing trampoline specific skills including jumps, turns and drops. Transferring fielding and batting skills from rounders to Stoolball.</p> |
| <p><i>Assessment: how you will be tested this term</i></p> <p>You will assessed on your ability to:</p> <ul style="list-style-type: none">• Link actions smoothly and cohesively• Select and implement safe warm up and cool down programmes• Have a clear idea on how to develop, progress, and improve their own and other's work |
| <p><i>Equipment which you will need for this term's work</i></p> <p>Tracksuit top and bottoms, P.E. shirt, socks, trainers. PE kit bag</p> |
| <p><i>Key words which you will need to learn for this term's work</i></p> <p><u>Dance/gymnastic Activities</u> Principles of composition and performance, preparation for activity performance, judging against criteria, suppleness and stamina</p> <p><u>Striking and Fielding Games</u> Officiating, anticipation, strike rate, placement, covering</p> |