

Year 10: Physical Education

	Autumn	Spring	Summer
Topics	<p>Invasion Games – advanced skills, techniques, rules & tactics</p> <p>Trampolining – advanced skills, techniques & compositional ideas</p> <p>Health Related Fitness – monitoring and leading a healthy, active lifestyle</p> <p>Net and Wall Games – advanced skills, techniques, rules & tactics</p>	<p>Invasion Games – advanced skills, techniques, rules & tactics</p> <p>Trampolining – advanced skills, techniques & compositional ideas</p> <p>Health Related Fitness – monitoring and leading a healthy, active lifestyle</p> <p>Net and Wall Games - advanced skills, techniques, rules & tactics</p>	<p>Striking and Fielding Games - advanced skills, techniques, rules & tactics</p> <p>Net and Wall Games – advanced skills, techniques, rules & tactics</p> <p>Outdoor Adventurous Activities – advanced team building, problem solving and communication skills</p> <p>Athletics - advanced skills, techniques, rules & tactics</p>
Assessments	<p>Head – <i>thinking skills, knowledge, analysing, feedback, responsibilities & rules</i></p> <p>Hand – <i>physical skills, techniques, fitness levels, competition, tactics & problem solving</i></p> <p>Heart – <i>social skills, communication, leadership, respect, resilience, effort, confidence</i></p>	<p>Head – <i>thinking skills, knowledge, analysing, feedback, responsibilities & rules</i></p> <p>Hand – <i>physical skills, techniques, fitness levels, competition, tactics & problem solving</i></p> <p>Heart – <i>social skills, communication, leadership, respect, resilience, effort, confidence</i></p>	<p>Head – <i>thinking skills, knowledge, analysing, feedback, responsibilities & rules</i></p> <p>Hand – <i>physical skills, techniques, fitness levels, competition, tactics & problem solving</i></p> <p>Heart – <i>social skills, communication, leadership, respect, resilience, effort, confidence</i></p>
Building on Prior Learning	<p>Substantive Knowledge - students will build on their knowledge from year 9 about the importance of rules and regulations in sports/activities such as <i>football, basketball, netball, athletic, OAA, cricket and rounders</i>. Students will use their knowledge of rules and regulations to officiate games/activities. They will build on knowledge about how to warm up and cooldown safely. They will deepen their understanding about how the body works and the importance of exercising to stay fit and healthy.</p> <p>Disciplinary Knowledge – students will build on and use skills and techniques from sports taught in years 9, they will continue to evaluate their performance looking at ways to improve. They will continue to develop their tactics and strategies in a range of sports, discussing strengths and weaknesses and how they can improve.</p>		

Cultural Capital	<p>There is cultural capital in abundance in this programme of study.</p> <ul style="list-style-type: none"> • OCR National Sports Studies content and aspects from units; Developing Sport Skills, Leadership in Sport, Contemporary Issues in Sport <i>eg barrier sand solutions to participation in sport.</i> • OCR Technicals Sport and Physical Activity content and aspects from <i>Unit 1: The Body's Response to Physical Activity Coaching and Unit 2: Leadership and Coaching</i> • NGB links to a range of sports; skills, techniques, rules and regulations (YouTube) <i>eg England Badminton, England Netball, FA, RFU, England Rounders, ECB, etc</i> • International and National sporting competitions – <i>e.g London Marathon, Commonwealth Games, World Cup, Euros, Olympics, Masters, Ryder Cup, Tour de France, The Ashes, 6 Nations.</i> • This Girls can week (March) • Sports Tour to Holland – Netball and Football (July)
Mastery	<p>At the end of year 10 students will be able to select and apply the correct the skills and techniques needed for their chosen sport/activity, they will be able to evaluate their performance and work on their weaknesses. They will understand how the components of fitness will also enhance their skills and performances. They will use the correct rules and regulations in a competitive situation, using this knowledge to officiate games and competitions. Students will be able to work on their own and in small groups to discuss and solve problems effectively. They will be able to discuss and use appropriate tactics and strategies for their chosen sport/activity, this will support them in organising and leading small activity sessions. They will understand the importance of leading an active healthy lifestyle and how the body works. They will continue to improve their confidence, resilience and enthusiasm when working with others and in new situations.</p>
Development of Character	<p>A wide range of virtues: Students will show and improve many values in PE, such as; Respect for teammates and opponents. Teamwork during team sports and outdoor adventurous activities. Honesty when playing different sports <i>eg playing the correct rules in badminton, measuring the correct distance in athletics.</i> Passion when playing sport for their House or School. Determination – never give up; we try, we learn and try again. Self-belief – all students will give each sport/activity, they will try their best and belief in themselves.</p>
Extra-Curricular opportunities	<p>In School: Students will have the opportunity to participate in a wide range of sports (extra-curricular) <i>netball, basketball, football, trampolining, rugby, handball, fitness, badminton, rounders, softball, just to mention a few.</i> <i>Students will have the opportunity to take part in Inter House Sports Competitions once a term.</i> Outside of School: We run many sports trips throughout the year to <i>Wimbledon, Seven Stars Netball, Man United Men's and Women's Football, Worcester Wolves Basketball.</i> Students have the opportunity to work with many of our local schools, organising and leading successful mini sports events. Our students are very fortunate gaining a 'taster session' with our local sport links such as <i>Redditch Rugby, Redditch Skate Park, Redditch Bowling Club, Redditch Tennis Club, Worcester Wolves Basketball, Worcester Warriors, Redditch Athletics, Redditch Borough FC.</i></p>
Metacognitive Learning	<p>Metacognitive learning will build through the second order concepts. Students will learn, through expert modelling and demonstrations; from teachers, peers and professionals (video/ipads in trampolining). Deep questioning and reflection about body movements and decisions made in a range of sports/activities. Students will continually review their learning, using self and peer assessment measuring tools against a set criterion. Students will practice and amend their skills, tactics and strategies, this will ensure the fundamentals are correct to access advanced skills, tactics and strategies.</p>