Programme of study for Year 10 and 11 Core PE

Pupils will work on a 4 week rotation Autumn (1st term) Autumn (2nd term) Spring (1stTerm) Spring (2nd Term)				Summer (1st term)	Summer (2nd term)
Topic / Big Question: **Invasion Floor** Skills(students should be able to do): • Principles of play • Outwitting an opponent • Stopping an opponent • Movement & positioning (attacking and defending) • Evaluating self/ Correcting own performance • Evaluating a team • Manipulating a team • Analysing a team's performance • Officiating • Problem solving **Sports may include – Football**	Topic / Big Question: **Invasion Hand** Skills(students should be able to do): • Principles of play • Understanding the game and object of the game? • Outwitting an opponent • Attacking plays • Stopping an opponent • Defensive plays • Decision making, movement & positioning • Finding Space • Evaluating self & correcting own performance • Applying tactics and strategies to improve performance. • Team work / Tactics • Evaluating a team & Analysing a team's performance **Sports may include- Netball, Handball, Rugby, Basketball, Gaelic football**	Topic / Big Question: **Health Related Fitness** Skills(students should be able to do/understand): • Objective/ • Question • Exercise Readiness. • Body Changes. • Components of physical fitness. • Components of skill related fitness. • Methods of fitness testing – Physical components of fitness. • Methods of fitness testing – Skill related components of fitness. **Sports may include- General fitness, circuit training, Boxercise, Zumba**	Topic / Big Question: **Net Games** Skills(students should be able to do): • Movement & positioning Principles of play • Outwitting an opponent Evaluating a team • Type of shots • Serving • Manipulating opponents • Evaluating self & correcting own performance • Applying tactics and strategies to improve performance. **Sports may include- Badminton, Short Tennis, Table Tennis, Volleyball**	Topic / Big Question: **Striking and Fielding** Skills(students should be able to do): • Tactics • Outwitting an opponent • Attacking plays • Stopping an opponent • Defensive plays • Decision making, movement & positioning • Applying tactics and strategies to improve performance. • Team work / Tactics • Evaluating a team & Analysing a team's performance **Sports may include Softball, Rounders, Cricket**	Topic / Big Question: **Athletics** Skills(students should be able to do): **Running** • Concept of pacing and technique • (Long distance/Middle distance) • Tactics in a distance race **Sprinting** • Sprint Starts • Phases • Sprinting Technique **Relay** Upsweep/down sweep • Tactics **Throwing** • Techniques- Javelin/Shot putt/Discus **Sports** **Track** **Field**
Key Learning Outcomes (students should know): A full Scheme of Learning is followed with a series of 4 lessons planned. Lessons become progressively harder over the term. Each lesson has outcomes, and the staff have scope to start their sequence of lessons where they see appropriate to the classes ability.					

End of term 1 assessment to cover: GCSE pupils are assessed using the GCSE criteria	End of term 2 assessment to cover: GCSE pupils are assessed using the GCSE criteria	End of year assessment to cover: GCSE pupils are assessed using the GCSE criteria
Building understanding: Rationale / breakdown for your sequence of lessons: During year 10 and the first two terms in year 11 pupils follow structure lessons where they develop upon the skills which have been developed in Key stage 3. Pupils are given a range of invasion, net and wall, HRF and striking and fielding lessons. During year 11 term summer term Pupils are given the option to choose which of the activities they will take part in. A variety of options are given to pupils with the focus on pupils becoming independent and equipped to play the sports they enjoy well beyond their school years. Striking & fielding, Net & wall and invasion games lessons take on a more competition orientated theme whilst still delivering high quality and engaging activities. Well-being is also at the forefront of the lessons with pupils being encouraged to take part in sport and activity as a way of managing stress during busy exam periods. Activities remain within the option choices for GCSE PE and staff will have scope to adapt lessons where they feel pupils are not engaging or require more challenging input. Many of the pupils in core PE also study a GCSE PE course and so elements of these courses are fed into lessons.		**Building understanding: Rationale / breakdown for your sequence of lessons:** Athletics and striking and fielding activities require outdoor space on the recreation ground with good weather. This is therefore taught in the summer terms**.** Both are taught across key 3 and 4 and therefore knowledge and technique are built up throughout the years- each time becoming more advanced and challenging.
Home – Learning: Flipped learning centred around skills, tactics and rules/regulations.		
Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for H/L		
Numeracy: Scoring and working out values- eg. Averages and points during tournaments, distances, speed calculations, training zones, maximum heart rate calculations		
Enrichment / opportunities to develop cultural capital (including careers, WRL and SMSC): National School Sports Week External visitors: Fitness providers, possible visits to universities. Enrichment: Sports teams and clubs throughout the year, Duke of Edinburgh's Award, local clubs, refereeing and Coaching qualifications		