

Curriculum Planning

Subject: Physical Education **Year** 10 **Ability** Mixed

Term / Date(s)	Activity 1 6 week block of 6 lessons (2 invasion games taught)	Activity 2 6 week block of 6 lessons	Activity 3 6 week block of 6 lessons	Activity 4 6 week block of 6 lessons	Activity 5 6 week block of 6 lessons
Topic	Invasion Games (Rugby, Football, Netball)	Aesthetics (Trampolining)	Net/ Wall Games (Table Tennis)	Striking and Fielding (Rounders)	Athletics
Topic overview	To be able to defend as a team successfully	To choreograph a routine with consistent control	Table Tennis: To perform complex shots under pressure consistently.	Rounders: To defend effectively as a team	To perform the correct techniques for a variety of different athletics events To demonstrate understanding of the rules and strategies related to different athletics events.
Components	Students will learn: - How to defend set pieces from side and backlines working with team mates. This allows them to limit the oppositions scoring chances. This activity allows students to apply all key skills learned in KS3 invasion games units, as well as developing a better understanding of defensive tactics that will support them in performing in sport recreationally or competitively outside of school.	Students will learn: - How to use the previously learnt skills to choreograph a 10-bounce routine that they can perform with consistent control. This activity allows students to develop knowledge and understanding of how to fluently piece together skills and place in a routine. This requires key skills such as planning and evaluation that students will be able to use across a number of subjects.	Students will learn: - How to play a range of shots, under pressure from an opponent, and use tactical knowledge to outwit them successfully. - How to play doubles in badminton with correct application of the rules. This activity allows students to apply key skills acquired throughout KS3, in competitive situations, to support them in performing in sport recreationally or competitively outside of school.	Students will learn: - How to bowl at right/left-handed batters making it hard for them to create space and strike the ball. - How to set a field to restrict scoring opportunities. - How to work as a team to chase down a score. This activity allows students to apply key skills acquired throughout KS3, in competitive situations, as well as developing a better understanding of defensive tactics that will support them in performing in sport recreationally or competitively outside of school.	Students will learn: - How to create links between specific events and the components of fitness needed to be successful. - How to carry out athletics events with the correct rules and procedures - How to record and analyse results to inform future improvements in performance This activity allows students to apply key content taught in the athletics unit of work to a competitive sporting context.
What pupils should already know (Prior learning components)	How to retain possession under pressure in a game situation How to work with others to defend successfully	How to apply different types of rotation How to choreograph and perform a routine that includes rotation and flight, with some control	How to perform complex shots under pressure. How to perform a variety of effective serves	How to field effectively under pressure How to direct the ball into space to increase scoring opportunities	How to sprint effectively with correct technique How to perform a variety of throwing techniques for varying throwing events

	How to demonstrate a variety of techniques in conditioned games	How to identify areas for improvement within your own performance.	How to identify the strengths and weakness of different players	How to bowl, adapting to the situation.	How to jump effectively for distance and height How to participate in competitive athletics events
Transferrable knowledge (skills)	Man to man or zonal defensive techniques. Effective communication and teamwork skills. Passing and movement skills in a variety of invasion games. The ability to outwit an opponent through the use of considered tactics	Straight/tuck/pike/straddle/180 turn half twist/swivel hips. Front/back/seat landing techniques. Half twist to front landing/seat half twist to feet/half twist to seat combination/back landing/front landing half twist to feet. Front somersault/back somersault technique.	Decision making skills - backhand or forehand shot depending on their opponent's weakness. Ability to analyse an opponent's weakness in order to outwit them and win points. A range of attacking shots that can be applied to win points.	Stance and connection to help generate power in the strike, aiming to exploit spaces and outwit opponents. Ability to analyse the oppositions weaknesses in order to outwit them.	Understanding of key components of fitness that link to individual athletics events. Sprint start and sprinting techniques. Techniques to maximise height/distance in a variety of jumping events. Techniques to throw for distance in a variety of throwing events.
Key vocabulary pupil will know and learn	Press, communication, shape, distance, start points, man to man, zonal, organisation, tactics, outwit, defend, defence.	Flight, spring, control, jump, height, levels, tuck, pike, straddle, landings, somersault, twist, counting bounces, planning, evaluating, feedback, height of flight	Forehand, backhand, push, drive, serve, net, analyse, weakness, tactics, decisions.	Bowling, catching, batting, throwing, catching, scoring, no ball, out, side on, follow through, opening/closing body.	Track, field, throw, jump, distance, power, agility, speed, endurance, height, competitive, conditioned, disqualification, timed, measured.
Assessment activities	Students will complete an end of unit assessment activity that will give them an overall grade for the activity. Examples of the type of assessment activity students will complete are: - Modified full sided games - Attack vs defence drills	Students will complete an end of unit assessment activity that will give them an overall grade for the activity. Examples of the type of assessment activity students will complete are: - Creating a routine - Performing a routine - Evaluating a routine	Students will complete an end of unit assessment activity that will give them an overall grade for the activity. Examples of the type of assessment activity students will complete are: - Singles matches - Doubles matches - Conditioned drills	Students will complete an on-going assessment throughout the unit that will give them an overall grade for the activity. Examples of the type of assessment activity students will complete are: - Full-sided game - Conditioned drills	Students will complete an on-going assessment throughout the unit that will give them an overall grade for the activity. Examples of the type of assessment activity students will complete are: - Timed track events - Measured throws - Measured jumps
Resources available	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.
Notes Why this topic is important...	Students work with others effectively as part of a team. Students understand different scenarios within a game situation, and respond accordingly. Students formulate a defensive strategy to allow them to be successful in range of defensive scenarios.	Students develop planning skills that are transferable to other subjects across school. Students creatively demonstrate skills learnt by placing them into a routine. Students use evaluation skills which they can transfer to any other sport or other subjects.	Students select and perform highly skilled shots under pressure against opponents. Students have a range of shots to select which could assist them in winning points in a competitive match. Students reflect on their opponents' strengths and weaknesses and apply appropriate shots to outwit them.	Students work with others effectively as part of a team. Students understand different scenarios within a game situation, and respond accordingly. Students formulate a defensive strategy to allow them to be successful in range of defensive scenarios.	Students understand how to participate in competitive events with integrity. Students understand how to win and lose gracefully. Students understand how to evaluate their own and others performance.

			Students develop a sequence of shots to make it challenging for their opponent to defend or score.		
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