

PE Curriculum Map - Year 10

		Autumn 1 Gym or Football	Autumn 2 Gym or Badminton	Spring 1 Gym or Handball	Spring 2 Dodgeball or Softball	Summer 1 Basketball or Volleyball	Summer 2 Rounders or Tennis
Learning outcomes/ composite knowledge		To develop motor competence, tactical awareness and healthy participation in Badminton	To develop our understanding of healthy participation and motor competence in relation to fitness	To develop motor competence, tactical awareness and healthy participation in Handball	To develop motor competence, tactical awareness and healthy participation in Softball	To develop motor competence, tactical awareness and healthy participation in Volleyball	To develop motor competence, tactical awareness and healthy participation in Tennis
Knowledge Components	Declarative – knowing what	<p>Gym</p> <ul style="list-style-type: none"> To know how to safely use the equipment in the gym. To know what cardiovascular fitness, muscular endurance and muscular strength are. To know how to improve cardiovascular fitness, muscular endurance and muscular strength in various training methods and styles. To know the different training methods. <p>Football</p> <ul style="list-style-type: none"> 	<p>Gym</p> <ul style="list-style-type: none"> To know how to safely use the equipment in the gym. To know what cardiovascular fitness, muscular endurance and muscular strength are. To know how to improve cardiovascular fitness, muscular endurance and muscular strength in various training methods and styles. To know the different training methods <p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the overhead clear To know the teaching points for serving techniques To know the teaching points for the backhand clear To know tactics, rules and strategies for 	<p>Gym</p> <ul style="list-style-type: none"> To know how to safely use the equipment in the gym. To know what cardiovascular fitness, muscular endurance and muscular strength are. To know how to improve cardiovascular fitness, muscular endurance and muscular strength in various training methods and styles. To know the different training methods <p>Handball</p> <ul style="list-style-type: none"> To know how to maintain possession To know tactics to overcome outnumbered play To know how to break through zone defence To know how to attack the goal To know how to regain possession 	<p>Dodgeball</p> <ul style="list-style-type: none"> To know some basic rules of dodgeball To know some catching techniques such as chest, low and high. To know some dodging techniques such as ducking, jumping, diving and rolling To understand the basics of blocking techniques To understand tactics in relation to a game. <p>Softball</p> <ul style="list-style-type: none"> To know how to throw, catch and stop the ball To know the teaching points for bowling and can add height, speed and spin To know the teaching points for the batting technique making contact some of the time and hitting into space. 	<p>Basketball</p> <ul style="list-style-type: none"> To know the teaching points for reverse layups To know strategies for attacking - screens, blocks, high and low posts To know the teaching points for the jump shot To know what attacking play is To know what defensive play is To know how to officiate in basketball <p>Volleyball</p> <ul style="list-style-type: none"> To know the importance of volley and setting effectively To know the teaching points for the dig and one hand dig To know the teaching points for overarm serves To know the teaching points for the spike To know how to defend/block in 	<p>Rounders</p> <ul style="list-style-type: none"> To know the teaching points for throwing, catching and fielding. To know the fundamentals of fielding To know the fundamentals of batting To know the fundamentals of bowling To know the fielding positions and what role they have To know how to officiate in rounders. <p>Tennis</p> <ul style="list-style-type: none"> To know how to keep a rally going To know the teaching points of serving To know the teaching points of topspin and the splice To know singles tactics To know doubles tactics To know how to

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			doubles and singles play	<ul style="list-style-type: none"> To know tactics for throw ins To know tactics for handball To know how to officiate a game of handball 	<ul style="list-style-type: none"> To know the defending and attacking shots making contact most of the time To know some tactics for softball To know how to field from all positions and communicate effectively with my teammates To know tactics for softball To know how to officiate in softball 	volleyball <ul style="list-style-type: none"> To know how to officiate in volleyball 	officiate in tennis.
Procedural – knowing how and when	<p>Gym</p> <ul style="list-style-type: none"> To know what types of exercise improves our cardiovascular endurance, muscular strength and muscular endurance. To apply exercises that will target certain muscles and be able to name these. To actively apply the knowledge of fitness to sessions and make improvements to our health. <p>Football</p> <ul style="list-style-type: none"> 	<p>Gym</p> <ul style="list-style-type: none"> To know what types of exercise improves our cardiovascular endurance, muscular strength and muscular endurance. To apply exercises that will target certain muscles and be able to name these. To actively apply the knowledge of fitness to sessions and make improvements to our health. <p>Badminton</p> <ul style="list-style-type: none"> To perform the overhead clear To perform different serving techniques 	<p>Gym</p> <ul style="list-style-type: none"> To know what types of exercise improves our cardiovascular endurance, muscular strength and muscular endurance. To apply exercises that will target certain muscles and be able to name these. To actively apply the knowledge of fitness to sessions and make improvements to our health. <p>Handball</p> <ul style="list-style-type: none"> To maintain possession To apply tactics to overcome 	<p>Dodgeball</p> <ul style="list-style-type: none"> To apply the rules of dodgeball To apply some catching techniques such as chest, low and high. To apply some dodging techniques such as ducking, jumping, diving and rolling To apply the basics of blocking techniques To apply tactics in relation to a game To develop tactics and apply these in games <p>Softball</p> <ul style="list-style-type: none"> To throw, catch and stop the ball 	<p>Basketball</p> <ul style="list-style-type: none"> To perform reverse layups To apply strategies for attacking - screens, blocks, high and low posts To perform the jump shot To perform attacking play is To perform defensive play To officiate in basketball <p>Volleyball</p> <ul style="list-style-type: none"> To apply knowledge of volley and setting effectively To perform the dig and one hand dig 	<p>Rounders</p> <ul style="list-style-type: none"> To throw, catch and field effectively To apply the fundamentals of fielding To apply the fundamentals of batting To apply the fundamentals of bowling To apply knowledge the fielding positions and the role they have To officiate in rounders. <p>Tennis</p> <ul style="list-style-type: none"> To keep a rally going To serve To perform topspin 	

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			<ul style="list-style-type: none"> To perform the backhand clear To apply tactics, rules and strategies for doubles and singles play 	outnumbered play <ul style="list-style-type: none"> To apply knowledge of how to break through zone defence To attack the goal To regain possession To apply tactics for throw ins To apply tactics for handball To officiate a game of handball 	<ul style="list-style-type: none"> To perform the correct bowling action and can add height, speed and spin To perform the correct batting technique making contact some of the time and hitting into space. To perform defending and attacking shots making contact most of the time To apply some tactics for softball To apply my knowledge of how to field from all positions and communicate effectively with my teammates To apply tactics for softball To officiate in softball 	<ul style="list-style-type: none"> To perform overarm serves To perform the spike To defend/block in volleyball To officiate in volleyball 	and the splice <ul style="list-style-type: none"> To apply singles tactics To apply doubles tactics To officiate in tennis.
National Curriculum reference	National Curriculum for Core PE at KS3 pupils should be taught to: <ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] perform dances using advanced dance techniques in a range of dance styles and forms take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 						

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	<ul style="list-style-type: none"> take part in competitive sports and activities outside school through community links or sports clubs 					
Common misconceptions	You are able to have a second serve. The tramlines are in for both singles and doubles. You take turns in serving.	If you can sprint fast you are physically fit. If you can lift heavy weights you have good overall strength.	Rules not understood - Head shots do not count - in actual fact the person throwing is out if it hits someone's head without them ducking. If you drop a ball to catch another then you are out. You can catch a ball if it hits your teammate to make the thrower out.	Fielding is not important. When batting you have to hit the big runs and smash the ball rather than playing defensive shots or playing to gaps in the field. Misunderstanding of LBW (leg before wicket).	Basketball is similar to Netball and therefore you cannot move with the ball and you need to shoot without using the backboard.	Pupils feel like they have to hit the ball far in order to score a rounder. Fielding has little purpose - we will look at the positions of fielders and their roles to address this.