

Year 10 – CORE PE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>The following activities are run on a carousel throughout the autumn and spring terms.</p> <p>Fitness Suite</p> <ul style="list-style-type: none"> Knowledge: Induction of how to safely using aerobic machines and weight machines Concepts: How to create a training programme? How to progress a training programme? <p>Trampolining</p> <ul style="list-style-type: none"> Skill: Shapes and twists, body landings, somersaulting, routines. <p>Lifesaving</p> <ul style="list-style-type: none"> Skill: Safe entry into water, resusing a conscious casualty, rescuing an unconscious casualty. Knowledge: Basic knowledge of the recovery position, and CPR. Concepts: Responding to scenarios <p>Invasion Games (Hockey)</p> <ul style="list-style-type: none"> Skill: Passing, Ball handling, Dribbling, Shooting, Defending, Structured game play. Knowledge: Intermediate knowledge of rules. Concepts: Supporting play, Principles of attack and defence, Creating Space. <p>Net Games (Table Tennis and Volleyball)</p> <ul style="list-style-type: none"> Skill: Serves, Ground strokes in Table Tennis (forehand & backhand), Set and Dig in Volleyball, Structured game play. Knowledge: Basic knowledge of rules. Concepts: Principles of attack and defence, Choice of skill execution. 				<p>In the summer term, we introduce an element of choice into the curriculum. Our aim is to prepare pupils' for their leisure time by supporting them in developing good habits and taking more responsibility for their health and fitness. Pupils are provided with pathway options, which cover a range of PE curriculum areas such as:</p> <ul style="list-style-type: none"> Aesthetic activities (e.g. Dance, Gymnastics, Trampolining). Games activities: <ul style="list-style-type: none"> Invasion (e.g. Basketball, Dodgeball, Football, Hockey, Netball). Net games (e.g. Badminton, Table Tennis, Tennis, VolleyballStrike and Field (e.g. Rounders and Softball) Lifestyle activities (e.g. Fitness suite, Yoga, Zumba). <p>Through our options pathways pupils will:</p> <ul style="list-style-type: none"> Experience a range of activities to develop their physical skill and areas of personal interest. Be able to understand the technical, tactical and conceptual content across the range of activities. Know how to participate safely in their learning environment. Understand how physical activity impacts on their health and wellbeing. Develop confidence in their ability and resilience to challenge. Be exposed to situations which require a broad range of social skills. 	