



## Year 10 PE Curriculum Map

<b>Year 10 Overview</b>	<p>In Key Stage 4 the PE department aims to further develop the experiences that have been gained at Key Stage 3. Students have greater control and flexibility over their choice of activities and are encouraged to make decisions that will enable them to enhance their enjoyment and participation in regular physical activity in later life. Students have access to three Physical Education lessons a fortnight. The entire curriculum compliments the PE GCSE syllabus that is studied at Bishop Luffa. Students who study GCSE PE are often assessed by the members of the department against the GCSE specification criteria.</p> <p>In Year 10 students choose route-ways for one of their lessons each week. This enables the department to achieve continuity between the Key Stages. Added to the route ways offered in Year 9 is a further option of leadership. During this route-way students are able to gain the Level 2 Sports Leader qualification. In the games lesson of each week students are able to choose activities for each module of work that is studied. This personalises the learning journey for each individual student. Throughout the year students will have the opportunity to take part in a range of competitive inter house activities that culminates with Sports Day, the extensive extra-curricular programme further supports students' learning.</p>			
<b>Knowledge</b>	Within all sports students will know how to implement attacking and defensive strategies in the full context of the competition/game, analysing and evaluating theirs and others' performance.			
<b>Skills</b>	When learning new sports such as Ultimate Frisbee students will build upon the knowledge and skills they have already developed from previous years to transfer into new sports. These more challenging sports will require students to master complex skills.			
	Autumn	Spring	Summer	
<b>Topic</b>	Netball Badminton Table Tennis Football	Football Table Tennis Free Gym Basketball	Stoolball Ultimate Frisbee Rounders Tennis	
	Module 1	Module 2	Module 3	Module 4
<b>Games Lesson</b>	Football Netball Leader (roles and characteristics) Basketball Climbing	Football Fitness Leader (planning sessions) Badminton Girls Rugby	Rugby Trampolining Leader (planning sessions) Volleyball Athletics	Cricket Tennis Leader (competitions and events) Softball Rounders