








Year 10 Physical Education Curriculum Rationale

Students will cover a range of activities looking at developing the 8 key areas covered during the year. These are further grouped into Head / Heart / Hands. Students will develop their tactical understanding, knowledge, ability to analyse, skills, their leadership. In addition, students will develop the ability to be determined and resilient. Underpinning all this development will be knowledge and understanding of the positive impact of a healthy and active lifestyle. Students will be building upon GCSE PE content knowledge and taking a greater emphasis on leadership.

Activities:	Core knowledge/skill development:	Sequence:	Assessment:	Literacy, numeracy, PSHE, FBV, other links	ACP and VAA development:	Home learning and enrichment
<p>Winter Term: Football Netball Rugby Hockey Health & Fitness</p> <p>Summer Term: Athletics Rounders Cricket Tennis Summer Ball Games</p> <p>Throughout: OAA Basketball Badminton Kinball Gymnastics Dance Dodgeball</p>	Tactics	All core assessment aspects are intertwined with HPL focuses.	Students would be assessed on their ability to meet the expected standards for the year of study, during a range of activities. See SOW's for each sport.	Use of key terms in relation to different activities. Key terms associated with GCSE PE.	Meta Thinking 	Extra-Curricular Clubs and club links. Fixtures PE @ Home Trips
	Knowledge and understanding.				Meta Thinking 	
	Analysis	Students work on building upon prior knowledge at KS3 and transferring these across the content being delivered. Heavy Leadership Focus.	Formative assessment throughout all lessons (GCSE content)	Links to diet, healthy lifestyles and the impact of certain foods/activity types.	Analysing 	
	Skills	Activities are sequenced against the South Northants fixture calendar and the seasonal calendar. Providing sporting teams and more enjoyable			Realising / Linking 	
	Leadership	Teacher observation and planned assessment lesson opportunities designed in Lesson plan structure.	Links to potential careers available in the sports industry.	Linking / Creating 		
	Determination and Resilience			Empathy / Agile / Hardworking 		
	Health and Fitness		Discussion around body	Empathy / Agile / Hardworking 		

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Interhouse Competitions		experiences of activities.		confidence and other aspects of mental health / self-awareness / confidence.		