

Physical Education: Year 10 Curriculum

Key Stage 4 Core PE Curriculum Intent:

As students' progress from KS3 into KS4, we want students to develop their knowledge, understanding and experiences in a variety of activities. Most importantly, we want students to develop a love and passion for sport and develop a 'sport for life'.

Therefore, in Year 10, we will work on a carousel rota over a 3/4 week cycle, ensuring that student's explore as many activities as possible. There will still be a set structure to each lesson, with students practising core skills that they have learnt in KS3 and then begin to use these skills with greater consistency and fluency in competitive practices and contexts.

	Autumn Term	Spring Term	Summer Term
Main Topic	Table tennis / Trampolining / Football / Basketball / Handball / Netball / Indoor rounders/ Rugby / Hockey	Hockey / Fitness / Table tennis / Trampolining / Basketball / Indoor rounders / Orienteering	Athletics / Tennis / Striking and fielding / Rounders
Curriculum links	➤ Building upon learning acquired at KS3. ➤ Utilising core skills practiced and learnt in KS3 to perform competitively. ➤ Understanding rules/laws of sports, so students can self-govern & regulate their own practices and games.		
Cross-curricular links	➤ Biology: Anatomy & Physiology, effects of exercise on the body. Measuring resting HR and working HR for fitness testing unit. ➤ Mathematics: Counting and totalling points/scores. ➤ English: Understanding key terminology and what they mean. Understanding specific instructions to follow, interpreting that information and then being to articulate oral responses. ➤ R.S: Developing character and personal well-being. Creating leaders and working within a team. Understanding fair play and etiquette within each activity.		
Interleaving of skills	➤ Students will have built on skills learnt over the past 3 years, to embed them into these lessons. ➤ Students will build on prior knowledge in order to know and understand how to perform in a competitive context within the sport that they are participating within.		
Literacy	Key words & terminology from each activity will be embedded within each lesson which are highlighted within our Schemes of Learning and key word wall in the changing rooms. Students have access to the library to gain access to further reading to do with physical activity and sport.		
Cultural capital	Physical Pupils are afforded the ability to develop not only communication skills through teamwork and leadership opportunities during each unit of study, but also improve their self-esteem and mental health through participation. Pupils' capacity to improve resilience through stretch and challenge is fundamental to their personal development, and they encounter this throughout the physical education curriculum/lessons. They can also expand upon this through participation in extracurricular clubs. Spiritual Co-operation, etiquette, team-work, fair play, values are all promoted in all PE lessons and extra-curricular opportunities. Pupils are encouraged to develop trust in one another through partner and team activities. Social Pupils develop their social interactions through numerous contact points in lessons and extra-curricular clubs. These range from a high level of team work during lessons, to the encouragement of the social side of sporting endeavour through teams/clubs/sport day		

	Physical The Physical education curriculum is designed to improve pupils' physical endeavour and prowess in all lessons and activities. Pupils can expand upon this through participation in extra-curricular offerings. The promotion of school/club links for increased performance opportunities is also highlighted & promoted. Moral Co-operation, etiquette, team-work, fair play values are all promoted in all PE lessons and extra-curricular opportunities. Pupils are asked to be respectful of fellow learners, understanding that in competitive situations all ability level performers will be working together. Showing respect to the opposition and officials in competitive situations is also a key message. Cultural Promotion of how to be an effective citizen in a sporting context (team member, responsibility of role within a team) and how we represent ourselves in an extracurricular sporting environment.
Gatsby Benchmark 4 – Linking Curriculum to Careers	Within KS4, we look to promote careers within our curriculum, in the following ways:- • Chance for all students to become sports ambassadors for the PE department. This opportunity can give students the chance to develop skills for a future career. For example, students will be tasked with journalism tasks in terms of writing match reports from school fixtures and then advertising these on noticeboards and social media platforms. • Emphasis on Physical Education within National Careers week. • Prepare students for Post 16 and 18 courses, due to practical knowledge acquired. • PE notice board dedicated to careers within sport and Physical Education.