



Department: PE

Year Group: 10 Core PE

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn and Spring term	OAA	To start to understand map reading skills To be able to navigate around simple courses To build upon their teamwork and problem solving skills	Ability to read maps and navigate around courses	<p>Extracurricular clubs for a wide range of sports and activities</p> <p>Opportunities to take part in competitions at different levels :</p> <ul style="list-style-type: none"> • Interform • Local city • Local LSSP • County <p>Leadership opportunities in extracurricular clubs</p>
	Badminton	To know and be able to play different shots such as overhead clear, drop and smash To further develop rules of the game To start to understand tactics in double play	Skills in isolation and game play	
	Fitness suite	To be able to use different machines and areas of the gym safely and effectively Start to understand how to select the right challenge for themselves as an individual in select areas of the gym To understand sets and reps in regards to weight training	<p>Ability to use both weight and cardio machines effectively</p> <p>Ability to challenge themselves at the right level</p>	
	Volleyball	To start to understand the basic technique for the volley, dig and serve To start to understand rules and basic game play	Skills in isolation and game play	
	Basketball	To know and perform dribbling technique correctly To know and understand different passes and be able to perform these	Skills in isolation and game play	

		<p>To know and understand different shooting techniques e.g. lay up and set shot and begin to be able to perform these</p> <p>To develop understanding of game play</p>		
	Fitness	<p>To know and understand the correct technique from a variety of different exercises classes</p> <p>To be able to adapt certain exercises to suit their needs</p> <p>To start to understand exercises linked to different classes</p>	<p>Ability to perform different fitness exercises and start to understand the format of different classes</p>	
Summer term	Rounders	<p>To understand rules surrounding batting and bowling and use of umpire calls</p> <p>To accurately replicate fielding skills and use effectively in a game.</p> <p>To develop strategic placement of the ball when batting.</p>	<p>Skills in isolation and game play</p>	
	Cricket	<p>To understand the overarm bowling technique</p> <p>To be able to apply correct fielding techniques to different situations</p> <p>To understand the correct batting technique</p> <p>To understand rules around the game</p>	<p>Skills in isolation and game play</p>	