



Year 10-11 Curriculum intent

We study PE to develop our **physical, social and emotional wellbeing**. We study PE to develop our **physical potential** and discover what our bodies are physically capable of, learning about a broad **range of sporting activities** to find our current limits and then go beyond them. We hope that all our students will learn the habits and attitudes that will support a thriving and healthy lifestyle, and a **lifelong love of sport**.

Year 10-11 Curriculum Overview

Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half term 5	Half Term 6
Cross Country/Rugby(B)/ Netball(G)	Basketball(B)/Fitness(G)/ Volleyball(G)/ Football(G)/Table Tennis(B)	Trampolining/ Dance(G) Football(B)/Fitness(B)	Football(B)/Dance(G) Orienteering	Athletics	Rounders(G)/ Cricket(B)/Softball(B)
Key Question					
How do I perform at my personal best?	How do I perform at my personal best?	How do I perform at my personal best?	How do I perform at my personal best?	How do I perform at my personal best?	How do I perform at my personal best?
Key Vocabulary					
1. Spatial Awareness 2. Exploiting Weaknesses 3. Psychological Warfare 4. Set Plays 5. Tactical Adjustment 6. High-Pressure Situations 7. Situational Analysis 8. Strategic Innovation	1. Spatial Awareness 2. Exploiting Weaknesses 3. Psychological Warfare 4. Set Plays 5. Tactical Adjustment 6. High-Pressure Situations 7. Situational Analysis 8. Strategic Innovation	1. Aesthetics 2. Biomechanics 3. Kinesthetic Awareness 4. Extension 5. Isometric Contraction 6. Creative Interpretation 7. Fluidity 8. Phrasing 9. Spatial Design 10. Technical Execution	1. Spatial Awareness 2. Exploiting Weaknesses 3. Psychological Warfare 4. Set Plays 5. Tactical Adjustment 6. High-Pressure Situations 7. Situational Analysis 8. Strategic Innovation	1. VO2 Max 2. Plyometrics 3. Kinesiology 4. Isometric Exercise 5. Dynamic Stretching 6. Static Stretching 7. Periodization 8. Overtraining 9. Hypoxia 10. Ergogenic Aid	1. Spatial Awareness 2. Exploiting Weaknesses 3. Psychological Warfare 4. Set Plays 5. Tactical Adjustment 6. High-Pressure Situations 7. Situational Analysis 8. Strategic Innovation

	The knowledge you will need to recall:	How you will apply this knowledge:	This links to:
1	You will need to recall the different techniques you learned in key stage 3. You will continue to refine your skills, tactics and decision making becoming more accurate, consistent therefore improving personal performance in cross country, rugby and netball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a class group. You will be able to self-assess your own and others performance and identify what they need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
2	You will need to recall the different techniques you learned in key stage 3. You will continue to refine your skills, tactics and decision making becoming more accurate, consistent therefore improving personal performance in basketball, football, table tennis and volleyball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a class group. You will be able to self-assess your own and others performance and identify what they need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
3	You will need to recall the different techniques you learned in key stage 3. You will continue to refine your skills, tactics and decision making becoming more accurate, consistent therefore improving personal performance in trampolining, football, dance and fitness activities	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a class group. You will be able to self-assess your own and others performance and identify what they need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
4	You will need to recall the different techniques you learned in key stage 3. You will continue to refine your skills, tactics and decision making becoming more accurate, consistent therefore improving personal performance in football, dance and orienteering.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a class group. You will be able to self-assess your own and others performance and identify what they need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
5	You will need to recall the different techniques you learned in key stage 3. You will continue to refine your skills, tactics and decision making becoming more accurate, consistent therefore improving personal performance in athletics. You will prepare your skills for Grace College sport day.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a small group. You will be able to self-assess your own performance and identify what you need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
6	You will need to recall the different techniques you learned in key stage 3. You will continue to refine your skills, tactics and decision making becoming more accurate, consistent therefore improving personal performance in rounders cricket and softball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a class group. You will be able to self-assess your own and others performance and identify what they need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.