

Long-term planning  
PE Core – Year 10

Year 10 Themes	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
<p><b>Continuing on from Year 7, 8 &amp; 9 students are taught to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</b></p> <p><b>For those taking one of the KS4 options, the programme followed here will consolidate learning from their</b></p>	<b>Students will know that</b>					
	<p><b>Pixl</b> – the four main pillars to improving performance physically and mentally are: - sleep, nutrition, exercise &amp; preparation.</p> <p><b>Badminton</b> – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p><b>Basketball</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Football</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Dodgeball</b> - is played to a set of rules and requires a number of skills to be successful.</p>	<p><b>Pixl</b> – the four main pillars to improving performance physically and mentally are: - sleep, nutrition, exercise &amp; preparation.</p> <p><b>Badminton</b> – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p><b>Basketball</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Football</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Dodgeball</b> - is played to a set of rules and</p>	<p><b>Pixl</b> – the four main pillars to improving performance physically and mentally are: - sleep, nutrition, exercise &amp; preparation.</p> <p><b>Badminton</b> – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p><b>Basketball</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Football</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Dodgeball</b> - is played to a set of rules and</p>	<p><b>Football</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Badminton</b> – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p><b>Basketball</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Fitness</b> – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance. Training plans are a way of tracking fitness.</p> <p><b>Dodgeball</b> - is played to a set of rules and</p>	<p><b>Cricket</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Danish Longball</b> – is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Fitness</b> – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance. Training plans are a way of tracking fitness.</p>	<p><b>Cricket</b> is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Danish Longball</b> – is played to a set of rules and requires a number of skills to be successful.</p> <p><b>Fitness</b> – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance. Training plans are a way of tracking fitness.</p>

Long-term planning  
PE Core – Year 10

<p>exam classes.</p>		<p>requires a number of skills to be successful.</p>	<p>requires a number of skills to be successful.</p>	<p>requires a number of skills to be successful.</p>		
<p>It also allows those who aren't taking a KS4 option to have the confidence to participate and compete in a wide range of sports either during KS4 Games and Wellbeing, or in their own time outside of school.</p>	<p><b>Students will know how</b></p>					
	<p><b>Pixl</b> – to prepare to perform at their best by learning about the importance of sleep routines, correct nutrition, the importance of exercise physically, socially and emotionally. They will know how to create routines to enable them to create a positive work/life balance. <b>Badminton</b> – hold a racket, use various shots to hit/return the shuttle, play a game of badminton. <b>Basketball</b> – pass, shoot defend and dribble. Understand the principles of attack and defence.</p>	<p><b>Pixl</b> – to prepare to perform at their best by learning about the importance of sleep routines, correct nutrition, the importance of exercise physically, socially and emotionally. They will know how to create routines to enable them to create a positive work/life balance. <b>Badminton</b> – hold a racket, use various shots to hit/return the shuttle, play a game of badminton. <b>Basketball</b> – pass, shoot defend and dribble. Understand</p>	<p><b>Pixl</b> – to prepare to perform at their best by learning about the importance of sleep routines, correct nutrition, the importance of exercise physically, socially and emotionally. They will know how to create routines to enable them to create a positive work/life balance. <b>Badminton</b> – hold a racket, use various shots to hit/return the shuttle, play a game of badminton. <b>Basketball</b> – pass, shoot defend and dribble. Understand</p>	<p><b>Badminton</b> – hold a racket, use various shots to hit/return the shuttle, play a game of badminton. <b>Basketball</b> – pass, shoot defend and dribble. Understand the principles of attack and defence. <b>Football</b> – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence. <b>Fitness</b> - Power, Agility, Reaction Time, Flexibility, Cardiovascular</p>	<p><b>Fitness</b> - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p>	<p><b>Fitness</b> - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p>

Long-term planning  
PE Core – Year 10

<p><b>Football</b> – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence.</p> <p><b>Dodge ball</b> – attack, evade, defend, catch, block, work as a team.</p>	<p>the principles of attack and defence.</p> <p><b>Football</b> – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence.</p> <p><b>Dodge ball</b> – attack, evade, defend, catch, block, work as a team.</p>	<p>the principles of attack and defence.</p> <p><b>Football</b> – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence.</p> <p><b>Dodge ball</b> – attack, evade, defend, catch, block, work as a team.</p>	<p>Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p>		
<p><b>Vocabulary and the concepts they link to</b></p>					
<p><b>Badminton</b> - Drop shot, Smash, Net lift, Net return, Forehand drive, Backhand drive, Serving, Overhead Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court.</p> <p><b>Football</b> - dribbling, passing and receiving,</p>	<p><b>Badminton</b> - Drop shot, Smash, Net lift, Net return, Forehand drive, Backhand drive, Serving, Overhead Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court.</p>	<p><b>Football</b> - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p><b>Basketball</b> - set shot, lay-up,</p>	<p><b>Football</b> - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p><b>Basketball</b> - set shot, lay-up, rebounding, Jump shot, crossover</p>		

Long-term planning  
PE Core – Year 10

	<p>shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p><b>Basketball</b> - set shot, lay-up, rebounding, Jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p><b>Dodge ball</b> -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.</p> <p><b>Pixl</b> – healthy, perform, preparation, mindset, nutrition, carbohydrates, fat,</p>	<p><b>Football</b> - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p><b>Basketball</b> - set shot, lay-up, rebounding, Jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p><b>Dodge ball</b> -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making</p>	<p>rebounding, Jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p><b>Fitness</b> - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p> <p><b>Dodge ball</b> -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.</p>	<p>dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p><b>Fitness</b> - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p> <p><b>Dodge ball</b> -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.</p>		
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Long-term planning  
PE Core – Year 10

protein, insulin, rest, relaxation, sleep deprivation, emotionally fit, mental energy, stress.	<b>Pixl</b> – healthy, perform, preparation, mindset, nutrition, carbohydrates, fat, protein, insulin, rest, relaxation, sleep deprivation, emotionally fit, mental energy, stress.	<b>Pixl</b> – healthy, perform, preparation, mindset, nutrition, carbohydrates, fat, protein, insulin, rest, relaxation, sleep deprivation, emotionally fit, mental energy, stress.			
<b>Assessment</b>					
<b>Diversity &amp; development of cultural capital</b>					
Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.
<b>Cross-curricular opportunities and enrichment</b>					
Badminton club after school, entry to local and Regional competitions.	Badminton club after school, entry to local and Regional competitions.	Football club after school, entry to local, regional and National cup competitions.	Football club after school, entry to local, regional and National cup competitions.	Cricket club after school, entry to County cup competitions.	Cricket club after school, entry to County cup competitions.

Long-term planning  
PE Core – Year 10

	<p>Basketball club after school, entry to local cup competitions.</p> <p>Football club after school, entry to local, regional and National cup competitions.</p>	<p>Basketball club after school, entry to local cup competitions.</p> <p>Football club after school, entry to local, regional and National cup competitions.</p>	<p>Basketball club after school, entry to local cup competitions.</p> <p>Fitness suite can be used twice a week after school.</p>	<p>Basketball club after school, entry to local cup competitions.</p> <p>Fitness suite can be used twice a week after school.</p>	<p>Orienteering - cross-curricular links with Geography for map reading skills.</p>	<p>Orienteering - cross-curricular links with Geography for map reading skills.</p>
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