



# Year 10 Core PE Curriculum Information

	Autumn & Spring				Autumn, Spring, Summer	Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
Knowledge Covered	To apply a variety of basic and advanced skills in a competitive situation. To demonstrate a clear understanding of the rules and regulations of all activities through performance.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To further, develop knowledge and understanding of the components of fitness by identifying – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, and flexibility.	To apply a variety of basic and advanced skills in a competitive situation. To demonstrate a clear understanding of the rules and regulations of all activities through performance.	To apply a variety of basic and advanced skills in a competitive situation. To demonstrate a clear understanding of the rules and regulations of all activities through performance.	To apply a variety of basic and advanced skills in a competitive situation. To demonstrate a clear understanding of the rules and regulations of all activities through performance.
	To develop consistency and precision when performing basic and advanced skills and techniques related to competitive activities in invasion games and net and wall games in both traditional and emerging sports.	To develop choreography and performance skills based on set motifs developing the dance actions, performance skills, timing and structure	To develop sequences based on flight using different parts of the body, level and speed working both independently and in groups. To be able to peers assess performance through competition.	To understand how to adapt your own training within PE to meet the demands of your individual sport.  To develop knowledge and understanding of diet and nutrition	To develop consistency and precision when performing basic and advanced skills and techniques related to competitive activities in invasion games and net and wall games in both traditional and emerging sports.	To develop consistency and precision when performing basic and advanced skills and techniques related to competitive activities in invasion games and net and wall games in both traditional and emerging sports.	To develop consistency and precision when performing basic and advanced skills and techniques related to competitive activities in invasion games and net and wall games in both traditional and emerging sports.



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Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
	Apply knowledge and understanding of attacking and defending tactics and positional play.		To use vaulting equipment safety in order to develop safe performance of each discipline	Apply knowledge and understanding of attacking and defending tactics and positional play.		Apply knowledge and understanding of attacking and defending tactics and positional play.	Apply knowledge and understanding of attacking and defending tactics and positional play.
	Develop leadership qualities through leading activities or during roles of responsibility within competitive situations.			Develop leadership qualities through leading activities or during roles of responsibility within competitive situations.		Develop leadership qualities through leading activities or during roles of responsibility within competitive situations.	Develop leadership qualities through leading activities or during roles of responsibility within competitive situations.
<b>Online Resources</b>	<ul style="list-style-type: none"> <li><a href="https://www.bbc.co.uk/bitesize/guides/z8634j6/revision/4">https://www.bbc.co.uk/bitesize/guides/z8634j6/revision/4</a></li> <li><a href="https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1">https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1</a></li> <li><a href="https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/2">https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/2</a></li> <li><a href="https://www.teachpe.com/anatomy-physiology/skeletal-muscles">https://www.teachpe.com/anatomy-physiology/skeletal-muscles</a></li> <li><a href="https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/1">https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/1</a></li> <li><a href="https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2">https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2</a></li> </ul>						



# Year 11 Core PE Curriculum Information

	Autumn & Spring			Autumn, Spring & Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Net and Wall	Health-related fitness
Knowledge Covered	To apply a variety of basic and advanced skills in a range of competitive situations. To demonstrate a clear understanding of the rules and regulations of all activities through performance, during competition	To use creativity to fully embed choreographed routines and sequences whilst demonstrating an understanding of aesthetics in performance in terms of competition.	Embed creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To apply a variety of more advanced skills in a competitive situation. To demonstrate a clear understanding of the rules and regulations of all activities through performance.	To fully embed knowledge and understanding of nutrition and how this is used for training and adaptations on the body.
	To develop consistency and precision when performing basic and advanced skills and techniques related to competitive activities, and during competitive situations in invasion games and net and wall games in both traditional and emerging sports.	To fully embed choreographed and performance skills based on set motifs developing the dance actions, performance skills, timing and structure, and prepare for competition.	To embed sequences based on flight using different parts of the body, level and speed working both independently and in groups. And be able to peers assess performance through competition	To fully embed consistency and precision when performing basic and advanced skills and techniques related to competitive activities in invasion games and net and wall games in both traditional and emerging sports.	To understand the different types of training and how these are used in a variety of sports – maintaining and recovery, explosive power, sporting endurance, aerobic and plyometric training.
	Apply knowledge and understanding of attacking and defending tactics and positional play, during competitive sport.		To use vaulting equipment safety in order to develop safe performance of each discipline, and develop into competition in this discipline.	Apply knowledge and understanding of attacking and defending tactics and positional play.	To apply these fitness principles in a variety of activities such as fitness (circuit training, gym training and SAQ training), dance (Zumba, dance for fitness and aerobics) and games for fitness.
	Develop and embed leadership qualities through leading activities or during roles of responsibility within competitive situations (coaching, officiating etc).			To fully embed advanced leadership qualities through leading activities or during roles of responsibility within competitive situations (coaching, officiating etc).	
Online Resources	<a href="http://bbc.co.uk/bitesize/guides/z8634j6/revision/4">bbc.co.uk/bitesize/guides/z8634j6/revision/4</a> <a href="http://bbc.co.uk/bitesize/guides/z9ntfrd/revision/1">bbc.co.uk/bitesize/guides/z9ntfrd/revision/1</a>	<a href="http://bbc.co.uk/bitesize/guides/zxd4wx/revision/1">bbc.co.uk/bitesize/guides/zxd4wx/revision/1</a> <a href="http://bbc.co.uk/bitesize/guides/zxd4wx/revision/2">bbc.co.uk/bitesize/guides/zxd4wx/revision/2</a>	<a href="http://bbc.co.uk/bitesize/guides/zpkr82p/revision/2">bbc.co.uk/bitesize/guides/zpkr82p/revision/2</a> <a href="http://teachpe.com/anatomy-physiology/skeletal-muscles">teachpe.com/anatomy-physiology/skeletal-muscles</a>		