

CURRICULUM SEQUENCING; PE *Serviam; Developing our gifts and talents for the good of others.*

Academic Year	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
<u>Year; 10 Core PE</u>	All lessons are double lessons.		
Autumn A; Sport Ed model / leadership / teamwork focus Focus on health & wellbeing, enjoyment of sport and exercise. The yr10 curriculum should allow all students to work on their own personal health / wellbeing goals & know how to do this outside of lesson time.	Football 1 x double PE lesson @ MP BHM tasks embedded into Autumn A;	Football/games development * core football skills - students are placed in teams at the start of the unit and their objectives are to work together across the unit to develop their skills, roles and responsibilities (Sport Ed). Developing this from their yr9 work they will play in competition and run their own tournaments etc.. * Continued skill development across both sets of games; outfield play attacking & defending; goal keeping skill development. They will also develop their refereeing knowledge & understanding.	Football; Students are not assessed in this unit - they are given an effort grade. As part of the unit of work students will develop their own drills, take on leadership roles & responsibilities and take part in round-robin competitions so they understand how these run.
Autumn B -	Netball 1 x double lesson per week	Students will be put into team at the start of the unit of work - they will remain in there teams and take part in a 5 week competition. They must come up with their own warm up routine and warm up drills. Each member of the team will be responsible for an aspect of the team development. Umpiring, coaching, leading, captain etc.. Each week they will play a number of other teams, reflect on their team performances and plan for the following week to improve their game play / tactics.	Netball; Students do not receive an EMB for this. They are given an effort grade. As part of the unit of work students will develop their own drills, take on leadership roles & responsibilities and take part in round-robin competitions so they understand how these run.

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<p>Spring A/B</p>	<p>Cross Country- general fitness and well-being</p> <p>(Linked to mental health & diet / nutrition) Lessons will begin with a link to 'This girl can' and general emotional, physical and social health.</p>	<p>Across the 12 weeks students will enjoy 3 week taster blocks on 4 different activity areas - the motivation for this is for them to explore what they enjoy, experience new activities to encourage life-long participation.</p> <p>Skills developed;</p> <p>Teamwork and individual resilience across all topic areas.</p> <p>many different physical skills across all new topic areas - students explore what their body can do & what fitness is needed for each activity area.</p>	<p>No EMB grade for this- they are given an effort grade.</p>
<p>Spring A/B</p>	<p>Basketball / Cycling</p> <p>(Linked to mental health & diet / nutrition) Lessons will begin with a link to 'This girl can' and general emotional, physical and social health.</p> <p>Progressions from KS3 – Basketball lessons to develop 'fitness for Basketball' in use of the fitness suit in the dance studio.</p> <p>Some students will also have the opportunity to complete cycling lessons - this is dependant on space available.</p> <p>Rationale for this is to stretch and challenge understanding of cardiovascular fitness and how a variety of 'recreational' activities can support this.</p>	<p>Skills developed;</p> <p>Teamwork and individual resilience across all topic areas.</p> <p>many different physical skills across all new topic areas - students explore what their body can do & what fitness is needed for each activity area.</p>	<p>No EMB grade for this- they are given an effort grade.</p>

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Summer A/B	<p>Sports Day Prep - ATHLETICS 1 x double lesson</p> <p>Cricket (Soft ball) 1 double lesson or Rounders - students can choose which one they want to take part in.</p>	<p>Sports Day Prep - students select and practice their individual athletic event.</p> <p>Cricket; Kwik/ diamond Cricket (soft ball)</p> <ul style="list-style-type: none"> * Batting - correct batting technique - striking the ball, aiming / placing the strike * Fielding skills - bowling underarm/ over-arm with speed * long and short fielding / throwing * long and short barriers * Development of wicket keeper skills- basic keeping skills. 	No EMB grade for this- they are given an effort grade.
Summer B	CRICKET / Softball	Continue to practice and develop the skills learned in Summer A. Students work on analysis of performance, fault correction and tactics in game situations. Students to continue to develop the skills they started to look at previously. More practice time to see more consistent display of techniques.	No EMB grade for this- they are given an effort grade.