

## Year 10 (core) Physical Education Curriculum Intent 2022-23

	Autumn Term				Spring Term				Summer Term			
	1		2		1		2		1		2	
<b>Boys Outline</b>	KC1	KC1	KC1	KC1	KC2	KC2	KC3	KC4	KC6	KC5	KC6	KC4
<b>Girls Outline</b>	KC2	KC2	KC1	KC1	KC2	KC3	KC2	KC5	KC2	KC5	KC5	KC4
<b>Mixed outline</b>	KC2	KC2	KC1	KC3	KC1	KC2	KC3	KC3	KC4	KC1	KC5	KC6
<b>Key Concepts</b>	<b>1. Outwitting opponents - Team Sports</b>		<b>2. Developing Health, Fitness and Swimming</b>		<b>3. Outwitting opponents - Individual Sports</b>		<b>4. Outdoor Adventurous and Problem solving</b>		<b>5. Athletic activities, Dance and Artistic expression</b>		<b>6. Outwitting opponents -Striking and Fielding</b>	
<b>National Curriculum Knowledge &amp; Understanding</b>	Use range of tactics and strategies to overcome opponents in direct competition – e.g. football, rugby, basketball, netball  Develop skills in isolation, application to pressurised/competitive situations.  Small sided games – build to full context.		Develop their fitness, analyse their performance compared to previous ones and demonstrate improvement to achieve their personal best		Use range of tactics and strategies to overcome opponents in direct competition – e.g. table tennis, tennis, badminton		Take part in OAA which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group		Develop their technique and improve their performance in other competitive sports – e.g. athletics and gymnastics		Use range of tactics and strategies to overcome opponents in direct competition – e.g. rounders, softball, cricket etc.	
<b>Assessment</b>	Pupils will be assessed in 3 areas – Know more in PE (knowledge and understanding) Do more in PE (skills and application) Go further in PE (leadership and officiating)											
<b>Why this?</b>	To enable students to demonstrate their physical literacy and competence To develop a range of skills in different team sports To develop understanding of the rules and regulations of a range of sports		To enable students to know how their body works during exercise and how it changes as exercise happens. Enable students to improve their physical literacy and competence in performing tests and make progress over		To enable students to demonstrate their physical literacy and competence To develop a range of skills in different individual sports To develop understanding of the rules and regulations of a range of sports		To enable students to develop problem solving and teamwork skills. Develop leadership and communication skills through a range of tasks. Develop trust and resilience.		To enable students to develop their creativity and artistic flair. Be able to critique and evaluate performance. Identify WWW / EBI To perform at their maximum potential (athletics)		To enable students to demonstrate their physical literacy and competence To develop a range of skills in different team sports To develop understanding of the rules and regulations of a range of sports	

		time and practice. To develop knowledge of skills in different individual fitness tests and develop understanding of how improvements can be made.				
<b>Why now?</b>	To prepare students with key terminology and knowledge of concepts in preparation for progression Form a basis of initial assessment from KS3 transition	To develop pupil's overall fitness levels, encourage LPAH Assessment of swimming ability (continuation of KS3)	To prepare students with key terminology and knowledge of concepts in preparation for progression Form a basis of initial assessment from KS3 transition	Opportunity for pupils to develop resilience and teamwork through challenges. Communication and leadership skills developed.	Pupils develop their creativity. Get out of their comfort zone and develop confidence when analysing performance. Be able to perform at their maximum levels. .	To prepare students with key terminology and knowledge of concepts in preparation for progression
<b>Skills &amp; Characteristics</b>	Aiming High Responding to setbacks Staying Positive Learning from Mistakes Forming effective teams Leadership skills Communication	Resilience Develop confidence Perform at personal best	Personal best Responding to setbacks Staying Positive Learning from Mistakes	Learning from Mistakes Forming effective teams Leadership skills Communication	Creativity Developing teamwork Being able to assess and critique performance Identify WWW / EBI	Aiming High Responding to setbacks Staying Positive Learning from Mistakes Forming effective teams Leadership skills Communication
<b>End Points</b>	BASIC END POINTS - Pupils copy, repeat and explore simple skills and actions with basic control and coordination. They start to link these in ways that suit the activities. They describe and comment on their own and others' actions. They talk about how to take part in physical activity safely, and how their bodies feel during an activity.		CLEAR END POINTS - Pupils explore simple skills. They copy, remember, repeat and explore simple actions with control and coordination. They vary skills, actions and ideas and their deployment and link them in ways that suit the activities. They begin to show some understanding of simple tactics and basic compositional ideas.		DETAILED END POINTS - Pupils select and use skills, actions and ideas appropriately, applying them with control and coordination. They show that they understand tactics and composition by starting to vary how they respond. They can see how their work is similar to and different from others' work, and use this	

	<p>They work with others in practices and suggest some simple ideas on how to make changes</p>	<p>They talk about differences between their own and others' performance and suggest improvements.</p> <p>They understand how to take part in physical activity safely and describe how their bodies feel during different activities.</p> <p>They work with others, devising simple ideas for practices and rules</p>	<p>understanding to improve their own performance.</p> <p>They give reasons why warming up before an activity is important, and why physical activity is good for their health.</p> <p>They are able to take the lead in pairs and small groups when carrying out practices or deciding upon their own games, challenges, tactics and sequences</p>
<p><b>Aspirations &amp; Careers</b></p>	<p>PE Careers week – emphasis on career pathways through studying PE/Sport</p> <p>Development of key skills – Teamwork, leadership, organisation, communication</p> <p>Extra-curricular clubs – different clubs each Half term, linked to curriculum and upcoming School Games competitions</p> <p>School games – competitions within the Sunderland School Games framework</p> <p>School teams – Competitive school teams in Football, Netball, Rugby and Cricket amongst others.</p>		