



## Year 10 Curriculum Overview

### Rationale:

We aim to inspire students to participate in and enjoy a broad and balanced PE curriculum. In year 10, students will be guided down one of two different personalised pathways – performance or participation. Within the performance pathway there is a GCSE PE moderation focus where students will be assessed in each of the sports that they complete. The participation pathway is a more holistic approach to physical activity where students are encouraged to participate in different activities for recreation and understand the importance of keeping themselves fit and healthy. In addition to this, students are provided with wider opportunities to further participate in sport both recreationally and competitively and are encouraged to attend extra-curricular sports clubs.

Term	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
<b>Autumn 1</b>  <u>Performance</u> Badminton Netball  <u>Participation</u> Health and wellbeing OAA/ Teambuilding Invasion Games	<u>Performance</u> <b>Badminton</b> <ul style="list-style-type: none"> <li>Recap of Key Rules</li> <li>Analyse &amp; Evaluate Basic Shots</li> <li>Overhead Clear</li> <li>Short &amp; Long Serves</li> <li>Doubles &amp; Singles Game Play</li> <li>Mini Tournament &amp; Assessment</li> </ul> <b>Netball</b> <ul style="list-style-type: none"> <li>Recap of Key Rules</li> <li>Attacking Principles</li> <li>Outwitting Opponents</li> <li>Defending Principles</li> </ul>	On the performance pathway, each student will be assessed in each sport that they complete with relevance to the OCR GCSE PE Specification.  On the participation pathway students will be assessed on their attitude to learning and motivation to participate and engagement within lessons.  Verbal and peer assessment will run consistently throughout all lessons.	<b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b>  <b>Optional homework tasks and Literacy resources</b>  <u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a> Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.  <u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport. <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a>  <u>Theme – Warm Up and Cool Down</u>

	<ul style="list-style-type: none"> <li>• Tactics &amp; Team Strategies</li> <li>• Role of the Umpire</li> <li>• Coaching</li> </ul> <p><b>Participation</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Circuit Training</li> <li>• Sport Specific Circuits</li> <li>• Boxercise</li> <li>• Exercise to Music</li> <li>• Designing Training Sessions</li> </ul> <p><b>OAA/ Teambuilding</b></p> <ul style="list-style-type: none"> <li>• Basic Map Reading &amp; Navigation Skills</li> <li>• Line Orienteering</li> <li>• Compass Work</li> <li>• Setting out a Course</li> <li>• Leadership</li> </ul> <p><b>Invasion Games</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul>		<p>Watch the clip from the above theme and apply something that you have learnt from the clip to your next lesson.</p> <p>Link: <a href="https://www.youtube.com/watch?v=zMReVEkdEnI">https://www.youtube.com/watch?v=zMReVEkdEnI</a></p>
<p><b>Autumn 2</b></p> <p><b>Performance</b></p>	<p><b>Performance</b></p> <p><b>Handball</b></p>	<p>On the performance pathway, each student will be assessed in each</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p>

<p>Handball Table tennis</p> <p><b><u>Participation</u></b> Health and wellbeing Football Handball</p>	<ul style="list-style-type: none"> <li>• Introduction of Rules and Regulations</li> <li>• Formations</li> <li>• Passing and Moving</li> <li>• Quick passing</li> <li>• Creativity in the Final Third</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Table tennis</b></p> <ul style="list-style-type: none"> <li>• Introduction of Key Rules and Regulations</li> <li>• Grip</li> <li>• Backhand Push</li> <li>• Serve with Spin</li> <li>• Forehand Topspin and Slice</li> <li>• Backhand Topspin and Slice</li> <li>• Doubles Tactics</li> <li>• Mini Assessment &amp; Assessment</li> </ul> <p><b><u>Participation</u></b> <b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Circuit Training</li> <li>• Sport Specific Circuits</li> <li>• Boxercise</li> <li>• Exercise to Music</li> <li>• Designing Training Sessions</li> </ul>	<p>sport that they complete with relevance to the OCR GCSE PE Specification.</p> <p>On the participation pathway students will be assessed on their attitude to learning and motivation to participate and engagement within lessons.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Optional homework tasks and Literacy resources</b></p> <p><u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a> Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.</p> <p><u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport. <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p> <p><u>Health and Well-being</u> Select a workout from Joe Wicks' YouTube channel - <a href="#">Joe Wicks Body Coach TV</a></p> <p><u>Theme – Officiating</u> Watch the clip from the above theme and apply something that you have learnt from the clip to your next lesson. Link: <a href="https://www.youtube.com/watch?v=g2evuvNseqc">https://www.youtube.com/watch?v=g2evuvNseqc</a></p>
--	---	---	---

	<p><b>Football &amp; Handball</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul>		
<p><b>Spring 1</b></p> <p><u>Performance</u> Football Badminton</p> <p><u>Participation</u> Table tennis Netball Dodgeball</p>	<p><b>Performance</b></p> <p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Rules</li> <li>• The Defensive Role</li> <li>• Attacking Role</li> <li>• Wide Play</li> <li>• Defending &amp; Attacking Corners</li> <li>• Set Pieces</li> <li>• Direct &amp; Indirect Free Kicks</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Rules</li> <li>• Recap of Basic Skills</li> <li>• Overhead Clear</li> <li>• Short &amp; Long Serves</li> <li>• Doubles &amp; Singles Game Play</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Participation</b></p>	<p>On the performance pathway, each student will be assessed in each sport that they complete with relevance to the OCR GCSE PE Specification.</p> <p>On the participation pathway students will be assessed on their attitude to learning and motivation to participate and engagement within lessons.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources</b></p> <p><u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a> Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.</p> <p><u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport.  <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p> <p><u>Theme – Tactics and Strategies</u> Watch the clip from the above theme and apply something that you have learnt from the clip to your next lesson. Link: <a href="https://www.youtube.com/watch?v=PwpdV82F3A">https://www.youtube.com/watch?v=PwpdV82F3A</a></p>

	<p><b>Table tennis, Netball &amp; Dodgeball</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul>		
<p><b>Spring 2</b></p> <p><u>Performance</u> Table Tennis Handball</p> <p><u>Participation</u> Invasion Games Handball</p>	<p><b>Performance</b> <b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Introduction of Key Rules and Regulations</li> <li>• Grip</li> <li>• Backhand Push</li> <li>• Serve with Spin</li> <li>• Forehand Topspin and Slice</li> <li>• Backhand Topspin and Slice</li> <li>• Doubles Tactics</li> <li>• Mini Assessment &amp; Assessment</li> </ul> <p><b>Handball</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Rules</li> <li>• Formations</li> <li>• Passing &amp; Movement off the Ball</li> <li>• Quick Passing</li> <li>• Creativity in the Final Third</li> <li>• Mini Tournament &amp; Assessment</li> </ul>	<p>On the performance pathway, each student will be assessed in each sport that they complete with relevance to the OCR GCSE PE Specification.</p> <p>On the participation pathway students will be assessed on their attitude to learning and motivation to participate and engagement within lessons.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources</b></p> <p><u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a> Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.</p> <p><u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport.  <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p> <p><u>Theme – Leadership</u> Watch the clip from the above theme and apply something that you have learnt from the clip to your next lesson. Link: <a href="https://www.youtube.com/watch?v=g2evuvNseq0">https://www.youtube.com/watch?v=g2evuvNseq0</a></p>

	<p><b><u>Participation</u></b>  <b>Invasion Games &amp; Handball</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul>		
<p><b>Summer 1</b></p> <p><b><u>Performance</u></b>  Cricket</p> <p><b><u>Participation</u></b>  Basketball  Table Tennis  Rounder's  Softball</p>	<p><b><u>Performance</u></b>  <b>Cricket</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Rules &amp; Regulations</li> <li>• Fielding</li> <li>• Spin Bowling</li> <li>• Batting</li> <li>• Wicket Keeping</li> <li>• Game Situation</li> <li>• Tournament &amp; Assessments</li> </ul> <p><b><u>Participation</u></b>  <b>Basketball, Table Tennis, Rounder's &amp; Softball</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul>	<p>On the performance pathway, each student will be assessed in each sport that they complete with relevance to the OCR GCSE PE Specification.</p> <p>On the participation pathway students will be assessed on their attitude to learning and motivation to participate and engagement within lessons.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources</b></p> <p><u>GCSE PE Students</u>  Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport  <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a>  Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.</p> <p><u>BTEC Sport Students</u>  Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport.  <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p> <p><u>Theme – Components of Fitness</u>  Watch the clip from the above theme and apply something that you have learnt from the clip to your next lesson.  Link: <a href="https://www.youtube.com/watch?v=DUIb1z-AQhQ">https://www.youtube.com/watch?v=DUIb1z-AQhQ</a></p>

<p><b>Summer 2</b></p> <p><b><u>Performance</u></b> Athletics</p> <p><b><u>Participation</u></b> Cricket Rounder's Softball</p>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• 100m/ 200m/ 400m – Sprinting Technique</li> <li>• Long/ Triple Jump</li> <li>• Shot Put/ Discus</li> <li>• 800m/ 1500m – Long Distance Running</li> <li>• Relay</li> <li>• Mini Olympics &amp; Assessment</li> </ul> <p><b><u>Participation</u></b> <b>Cricket, Rounder's &amp; Softball</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul>	<p>On the performance pathway, each student will be assessed in each sport that they complete with relevance to the OCR GCSE PE Specification.</p> <p>On the participation pathway students will be assessed on their attitude to learning and motivation to participate and engagement within lessons.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources</b></p> <p><u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a> Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.</p> <p><u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport. <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p> <p><u>Theme – Sportsmanship</u> Watch the clip from the above theme and apply something that you have learnt from the clip to your next lesson. Link: <a href="https://www.youtube.com/watch?v=nKhncGUK1gc">https://www.youtube.com/watch?v=nKhncGUK1gc</a></p>
---	--	---	---