

Physical Education
Year 10 curriculum map



Year 10 Girls	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Football Trampolining	Rugby Badminton	Netball Health and wellbeing	Hockey Basketball	Athletics Cricket	Athletics Softball/rounders
Key Knowledge for acquisition, recall and application in assessment or exam	<p>Ball control</p> <ul style="list-style-type: none"> • using both feet • using chest <p>Passing</p> <ul style="list-style-type: none"> • short • long lofted and along the ground • throw ins <p>Shooting</p> <ul style="list-style-type: none"> • short • long range • non dominant foot <p>Dribbling</p> <ul style="list-style-type: none"> • use of both feet • close control • ability to beat opponents <p>Tackling</p>	<p>Passing</p> <ul style="list-style-type: none"> • both hands in either direction • offloading <p>Receiving</p> <ul style="list-style-type: none"> • stationary • on the move • ground pick-up <p>Running with the ball, balanced run</p> <p>Beating opponents</p> <ul style="list-style-type: none"> • change of pace/direction • hand off • side-step • feint • swerve <p>Tackling</p>	<p>Footwork</p> <ul style="list-style-type: none"> • stopping/landing • pivot <p>Ball handling</p> <ul style="list-style-type: none"> • catching whilst stationary • catching whilst on the run • catching in the air <p>Passing over a short and mid-long distances</p> <ul style="list-style-type: none"> • chest • overhead • bounce • shoulder pass <p>Shooting</p> <ul style="list-style-type: none"> • stationary 	<p>Passing</p> <ul style="list-style-type: none"> • push • slap hit • drive <p>Reverse stick passing</p> <ul style="list-style-type: none"> • push <p>Dribbling</p> <ul style="list-style-type: none"> • push • tap <p>Shooting</p> <ul style="list-style-type: none"> • open side technique <p>Tackling</p> <ul style="list-style-type: none"> • block • jab – front and side 	<p>Track</p> <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing <p>Decision making</p> <ul style="list-style-type: none"> • positioning in the field, where to run in the pack, when to lead, when to follow • when to dip for the finish line <p>Jumping</p> <ul style="list-style-type: none"> • approach 	<p>Track</p> <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing <p>Decision making</p> <ul style="list-style-type: none"> • positioning in the field, where to run in the pack, when to lead, when to follow • when to dip for the finish line <p>Jumping</p> <ul style="list-style-type: none"> • approach

	<ul style="list-style-type: none"> jockeying block tackle <p>Marking</p> <ul style="list-style-type: none"> player with the ball player without the ball <p>Heading the ball</p> <p>Shapes</p> <ul style="list-style-type: none"> tuck straddle pike <p>Twists</p> <ul style="list-style-type: none"> half full <p>Seat drops</p> <p>Front landing</p> <p>Back landing</p> <p>Combined movements</p>	<ul style="list-style-type: none"> basic technique from front and side close contact tackling <p>Ruck</p> <ul style="list-style-type: none"> going to ground placing ball behind supporting roles <p>Picking up a ball</p> <ul style="list-style-type: none"> stationary moving falling on ball <p>Try scoring</p> <ul style="list-style-type: none"> grounding the ball with downward pressure when and when not to use one/two hands <p>Serving</p>	<ul style="list-style-type: none"> stepping <p>Rebounds</p> <p>Marking</p> <ul style="list-style-type: none"> player with the ball Interception Shadowing marking player without the ball <p>Decision making</p> <ul style="list-style-type: none"> when to pass, shoot or dodge where to pass, shoot or dodge which pass to make team strategies <p>Principles of training</p> <ul style="list-style-type: none"> SPOR <p>FITT</p> <p>Training methods</p> <ul style="list-style-type: none"> continuous 	<p>Marking</p> <ul style="list-style-type: none"> player with the ball <p>Ball control</p> <p>Using</p> <p>Stance and footwork</p> <ul style="list-style-type: none"> triple threat position pivoting <p>Passing</p> <ul style="list-style-type: none"> chest bounce overhead <p>Shooting</p> <ul style="list-style-type: none"> set shot dominant hand lay up <p>Dribbling</p> <ul style="list-style-type: none"> use of dominant hand 	<ul style="list-style-type: none"> synchronisation of arm and leg action take off flight landing <p>Decision making</p> <ul style="list-style-type: none"> hitting appropriate speed for take off landing - the movement of the body beyond initial point of contact <p>Throws</p> <ul style="list-style-type: none"> initial stance grip throwing action release phase follow through <p>Decision making</p> <ul style="list-style-type: none"> use of cross step/glid 	<ul style="list-style-type: none"> synchronisation of arm and leg action take off flight landing <p>Decision making</p> <ul style="list-style-type: none"> hitting appropriate speed for take off landing - the movement of the body beyond initial point of contact <p>Throws</p> <ul style="list-style-type: none"> initial stance grip throwing action release phase follow through <p>Decision making</p> <ul style="list-style-type: none"> use of cross step/glide
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	<ul style="list-style-type: none"> • swivel hips • seat to front • front to seat <p>Advanced skills</p> <ul style="list-style-type: none"> • back to front • front to back • half turntable 	<ul style="list-style-type: none"> • short • long • flick <p>Return of shot</p> <p>Forehand shot</p> <ul style="list-style-type: none"> • overhead clear • lift/underarm clear • drop shot • smash <p>Backhand shot</p> <ul style="list-style-type: none"> • overhead clear • lift/underarm clear <p>Teamwork and communication doubles</p> <p>Basic footwork</p> <p>Decision making Selection of appropriate shot</p>	<ul style="list-style-type: none"> • fartlek • interval • circuit training • weight training • plyometrics <p>HIIT</p>	<ul style="list-style-type: none"> • use of either hand <p>Marking player with the ball</p> <p>Intercepting ball</p>	<ul style="list-style-type: none"> • appropriate angle of release <p>Batting</p> <ul style="list-style-type: none"> • running between the wickets • footwork • drive • pull • communication with batting partner <p>Bowling</p> <ul style="list-style-type: none"> • medium • line of bowl <p>Fielding</p> <ul style="list-style-type: none"> • judgement of the approaching ball • stopping the ball • catching • pick up and throw – underarm and overarm 	<ul style="list-style-type: none"> • appropriate angle of release
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					<p>Teamwork and communication</p> <p>Wicket keeping</p> <ul style="list-style-type: none"> • Catches • run outs • low and high takes 	
Key skills to apply in assessment or exam	All of the above	All of the above	All of the above	All of the above	All of the above	All of the above
Title of Knowledge Organiser	<p>Football</p> <p>Trampolining</p>	<p>Rugby</p> <p>Badminton</p>	<p>Netball</p> <p>Health and wellbeing</p>	<p>Hockey</p> <p>Basketball</p>	<p>Athletics</p> <p>Cricket</p>	<p>Athletics</p> <p>Softball/rounders</p>

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Year 10 Boys	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Rugby Badminton	Invasion games Trampolining	Football Health and wellbeing	Football Handball	Athletics Cricket	Athletics Softball/rounders
Key Knowledge for acquisition, recall and application in assessment or exam	<p>Passing</p> <ul style="list-style-type: none"> both hands in either direction offloading <p>Receiving</p> <ul style="list-style-type: none"> stationary on the move ground pick-up <p>Running with the ball, balanced run</p> <p>Beating opponents</p> <ul style="list-style-type: none"> change of pace/direction hand off side-step feint swerve <p>Tackling</p>	<p>Attacking principles</p> <p>Defensive principles</p> <p>Communication</p> <p>Teamwork</p> <p>Leadership</p> <p>Shapes</p> <ul style="list-style-type: none"> tuck straddle pike <p>Twists</p> <ul style="list-style-type: none"> half full <p>Seat drops</p> <p>Front landing</p>	<p>Ball control</p> <ul style="list-style-type: none"> using both feet using chest <p>Passing</p> <ul style="list-style-type: none"> short long lofted and along the ground throw ins <p>Shooting</p> <ul style="list-style-type: none"> short long range non dominant foot <p>Dribbling</p> <ul style="list-style-type: none"> use of both feet close control ability to beat opponents <p>Tackling</p>	<p>Ball control</p> <ul style="list-style-type: none"> using both feet using chest <p>Passing</p> <ul style="list-style-type: none"> short long lofted and along the ground throw ins <p>Shooting</p> <ul style="list-style-type: none"> short long range non dominant foot <p>Dribbling</p> <ul style="list-style-type: none"> use of both feet close control ability to beat opponents <p>Tackling</p>	<p>Track</p> <ul style="list-style-type: none"> starting finishing posture arm action leg action bend running pacing <p>Decision making</p> <ul style="list-style-type: none"> positioning in the field, where to run in the pack, when to lead, when to follow when to dip for the finish line <p>Jumping</p> <ul style="list-style-type: none"> approach 	<p>Track</p> <ul style="list-style-type: none"> starting finishing posture arm action leg action bend running pacing <p>Decision making</p> <ul style="list-style-type: none"> positioning in the field, where to run in the pack, when to lead, when to follow when to dip for the finish line <p>Jumping</p> <ul style="list-style-type: none"> approach

	<ul style="list-style-type: none"> • basic technique from front and side • close contact tackling <p>Ruck</p> <ul style="list-style-type: none"> • going to ground • placing ball behind • supporting roles <p>Picking up a ball</p> <ul style="list-style-type: none"> • stationary • moving • falling on ball <p>Try scoring</p> <ul style="list-style-type: none"> • grounding the ball with downward pressure • when and when not to use one/two hands 	<p>Back landing</p> <p>Combined movements</p> <ul style="list-style-type: none"> • swivel hips • seat to front • front to seat <p>Advanced skills</p> <ul style="list-style-type: none"> • back to front • front to back • half turntable 	<ul style="list-style-type: none"> • jockeying • block tackle <p>Marking</p> <ul style="list-style-type: none"> • player with the ball • player without the ball <p>Heading the ball</p> <p>Principles of training</p> <ul style="list-style-type: none"> • SPOR <p>FITT</p> <p>Training methods</p> <ul style="list-style-type: none"> • continuous • fartlek • interval • circuit training • weight training • plyometrics <p>HIIT</p>	<ul style="list-style-type: none"> • jockeying • block tackle <p>Marking</p> <ul style="list-style-type: none"> • player with the ball • player without the ball <p>Heading the ball</p> <p>Stance and footwork</p> <ul style="list-style-type: none"> • triple threat position • pivoting <p>Passing</p> <ul style="list-style-type: none"> • chest • bounce • overhead <p>Shooting</p> <ul style="list-style-type: none"> • set shot • dominant hand lay up 	<ul style="list-style-type: none"> • synchronisation of arm and leg action • take off • flight • landing <p>Decision making</p> <ul style="list-style-type: none"> • hitting appropriate speed for take off • landing - the movement of the body beyond initial point of contact <p>Throws</p> <ul style="list-style-type: none"> • initial stance • grip • throwing action • release phase • follow through <p>Decision making</p>	<ul style="list-style-type: none"> • synchronisation of arm and leg action • take off • flight • landing <p>Decision making</p> <ul style="list-style-type: none"> • hitting appropriate speed for take off • landing - the movement of the body beyond initial point of contact <p>Throws</p> <ul style="list-style-type: none"> • initial stance • grip • throwing action • release phase • follow through <p>Decision making</p>
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	<p>Serving</p> <ul style="list-style-type: none"> • short • long • flick <p>Return of shot</p> <p>Forehand shot</p> <ul style="list-style-type: none"> • overhead clear • lift/underarm clear • drop shot • smash <p>Backhand shot</p> <ul style="list-style-type: none"> • overhead clear • lift/underarm clear <p>Teamwork and communication doubles</p> <p>Basic footwork</p> <p>Decision making</p>			<p>Dribbling</p> <ul style="list-style-type: none"> • use of dominant hand • use of either hand <p>Marking Player with the ball</p> <p>Intercepting ball</p>	<ul style="list-style-type: none"> • use of cross step/glid <p>Batting</p> <ul style="list-style-type: none"> • running between the wickets • footwork • drive • pull • communication with batting partner <p>Bowling</p> <ul style="list-style-type: none"> • medium • line of bowl <p>Fielding</p> <ul style="list-style-type: none"> • judgement of the approaching ball • stopping the ball • catching • pick up and throw – 	<ul style="list-style-type: none"> • use of cross step/glid <p>Batting</p> <p>Bowling</p> <p>Fielding</p> <ul style="list-style-type: none"> • judgement of the approaching ball • stopping the ball • catching • pick up and throw – underarm and overarm <p>Teamwork and communication</p>
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	Selection of appropriate shot				<p>underarm and overarm</p> <p>Teamwork and communication</p> <p>Wicket keeping</p> <ul style="list-style-type: none"> • catches • run outs <p>Low and high takes</p>	
Key skills to apply in assessment or exam	All of the above	All of the above	All of the above	All of the above	All of the above	All of the above
Title of Knowledge Organiser	Rugby Badminton	Invasion games Trampolining	Football Health and wellbeing	Football Handball	Athletics Cricket	Athletics Softball/rounders