



PE Department Y10 Curriculum and Assessment Map (boys)

	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Activities	Football/Basketball	Badminton/Rugby	Table tennis/Fitness	Leadership	Athletics	Rounders/Tennis
Fundamental Knowledge	Football: -Recap on knowledge from Y9 (long-range passing and shooting, rules for 11 a side, leading warm-up's). -Know how to implement the key skills in a game situation. -Know the correct volleying technique. -Know the different goal-keeping techniques. -Know how to officiate a game.	Badminton: -Recap on Knowledge from Y9 (overhead and underarm clear, drop shots, smash, officiating). -Identify strengths and weaknesses in performance (self/ peer). -Identify coaching points for all shots. -Perform overhead, underarm clear, drop shots, backhand/long serve in games. -Using a range of shots and tactics to win a game.	Fitness: - Recap on Knowledge from Y9 (skill-related components of fitness, fitness testing) -Know and independently carry out different fitness tests. -Know the principles of training. -Know how to design a fitness lesson.	Leadership: -Recap on knowledge from Y9 (key considerations, structure of a session, lead a session). -Knows the safety considerations when planning sports activity sessions. -Knows how to lead warm-up's/warm-downs for larger groups. -Knows how to lead skill practices for larger groups. -Knows how to officiate in a range of sports.	Athletics: -Recap on fundamental knowledge from Y9 (race tactics, changeovers, sprint start, run ups for throws). -Understands the release point and angles for throwing events. -Knows the leg and arm shoot for jumping technique. -Understand how to effectively calculate the run-up distance.	Rounders: -Recap on knowledge from year 9 (bowling and fielding positions). -Know the different advanced tactics for fielding and batting. -Know the rules and regulations of rounders. Tennis: -Recap on Knowledge from Y9 (overarm serve, ready position, court boundaries). - knows how to apply spin to groundstrokes

	Basketball: -Recap on knowledge from Y9 (lay-up's, triple threat, full court and 2v2). -Know how to implement the key skills in a game situation. - Know how to rebound. -Know how to play half court man to man defence.	Rugby: -Recap on knowledge from Y9 (evading defenders, protecting the ball, front and side tackling, offload). - Knows how to pass on the move using different techniques (spin, pop) to evade defenders. -Knows the different techniques at the breakdown. -Knows how to apply defensive and attacking strategies. -Understands the specific responsibilities for differing positions in rugby.	Table Tennis: -Recap on knowledge from Y9 (drive shots, spin, doubles). -Know how to apply top-spin to drive shots. -Know the different types of spin in serving. -Know the scoring system in doubles. -Know to officiate singles and doubles.			-Identify how to win a point in tennis and apply tactics in games -To know the different grips to apply varying types of spin.
Learning Checkpoint Tasks	Basic skills tests, peer and self-assessment, teacher feedback		Basic skills tests, peer and self-assessment, teacher feedback	Leadership tasks for warm-ups/warm downs and skill practices (whole group)	Basic skills tests, peer and self-assessment, teacher feedback	
Interleaved Knowledge	-Fundamental knowledge from Y9 football and basketball.	-Fundamental knowledge from Y9 badminton and rugby.	-Fundamental knowledge from Y9 fitness and table tennis.	- Fundamental knowledge from Y9 hockey and leadership.	-Fundamental knowledge from Y9 athletics.	-Fundamental knowledge from Y9 striking and fielding.