



## PE Department Y10 Curriculum and Assessment Map (girls)

	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Activities	Netball/Rugby	Football/Badminton	Gymnastics/Volleyball	Hockey/Basketball	Athletics	Rounders/Tennis
<b>Fundamental Knowledge</b>	<b>Rugby:</b> -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.	<b>Football:</b> -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  <b>Badminton:</b>	<b>Gymnastics:</b> - Recap on Knowledge from Y9 (travelling, execution of skills on equipment, advanced jumps)  -Know how to lead an appropriate warm up  -Know how to execute jumps using different equipment (springboard, trampet, boxes, pommel horse)  -Know how to create flight	<b>Hockey:</b> -Recap on Knowledge from Y9 (Indian dribble, jab tackle, advanced passing).  -Knows how to perform the V drag and lifts to attack the weak side of an opponent.  -Knows how to apply the fundamental hit and passing skills to a penalty corner scenario.	<b>Athletics:</b> -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.	<b>Rounders:</b> -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.  <b>Tennis:</b> -Recap on Knowledge from Y9 (overarm serve, ready position, court boundaries).  - knows how to apply spin to groundstrokes

	<p>-Understands the specific responsibilities for differing positions in rugby.</p> <p><b>Netball:</b></p> <p>-Recap on knowledge from Y9 (stage 1 and 2 defence, attacking and defending tactics)</p> <p>- Know the attacking and defensive tactics for the centre pass.</p> <p>- Know how to officiate a game</p>	<p>-Recap on Knowledge from Y9 (overhead and underarm clear, drop shots, smash, officiating).</p> <p>-Identify strengths and weaknesses in performance (self/ peer).</p> <p>-Identify coaching points for all shots.</p> <p>-Perform overhead, underarm clear, drop shots, backhand/long serve in games.</p> <p>-Using a range of shots and tactics to win a game.</p>	<p> routines (Individual/group)</p> <p><b>Volleyball:</b></p> <p>-Recap on knowledge from Y9 (3 touch strategy, spike technique).</p> <p>-Know how to perform a block shot</p> <p>-Know how to make the correct shot selection</p> <p>-know the importance of power and vertical jump ability and the impact this has in volleyball</p> <p>-Know how to do the overhead serve</p>	<p><b>Basketball:</b></p> <p>-Recap on knowledge from Y9 (lay-up's, triple threat, full court and 2v2).</p> <p>-Know how to implement the key skills in a game situation.</p> <p>- Know how to rebound.</p> <p>-Know how to play half court man to man defence.</p>		<p>-Identify how to win a point in tennis and apply tactics in games</p> <p>-To know the different grips to apply varying types of spin.</p>
<b>Learning Checkpoint Tasks</b>	Basic skills tests, peer and self-assessment, teacher feedback		Basic skills tests, peer and self-assessment, teacher feedback		Basic skills tests, peer and self-assessment, teacher feedback	
<b>Interleaved Knowledge</b>	-Fundamental knowledge from Y9 netball and rugby	-Fundamental knowledge from Y9 badminton and football	-Fundamental knowledge from Y9 volleyball and gymnastics	- Fundamental knowledge from Y9 basketball and hockey	-Fundamental knowledge from Y9 athletics.	-Fundamental knowledge from Y9 striking and fielding.

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