

Curriculum Overview – Year 10 CORE PE

| Year | Term | Units of Work | Assessment |
|------|------|--|--|
| 10 | 1 | Activities not covered in term 1 will be completed in term 2 and vice versa Football Netball (Girls) Badminton/ Volleyball Rugby Union Basketball/Handball Trampolining (if available) | Teacher observations throughout the unit |
| | 2 | Football Netball (Girls) Badminton/ Volleyball Rugby Union Basketball/Handball Trampolining (if available) | Teacher observations throughout the unit |
| | 3 | Athletics Cricket Rounders | Teacher observations throughout the unit |

Overall focus in y10 is fitness through sport. Students complete extended warm up activities for the first 20 minutes of the lesson, before taking part in a variety of sports – usually the full version of the game as by now these students have learned the necessary skills at KS3