

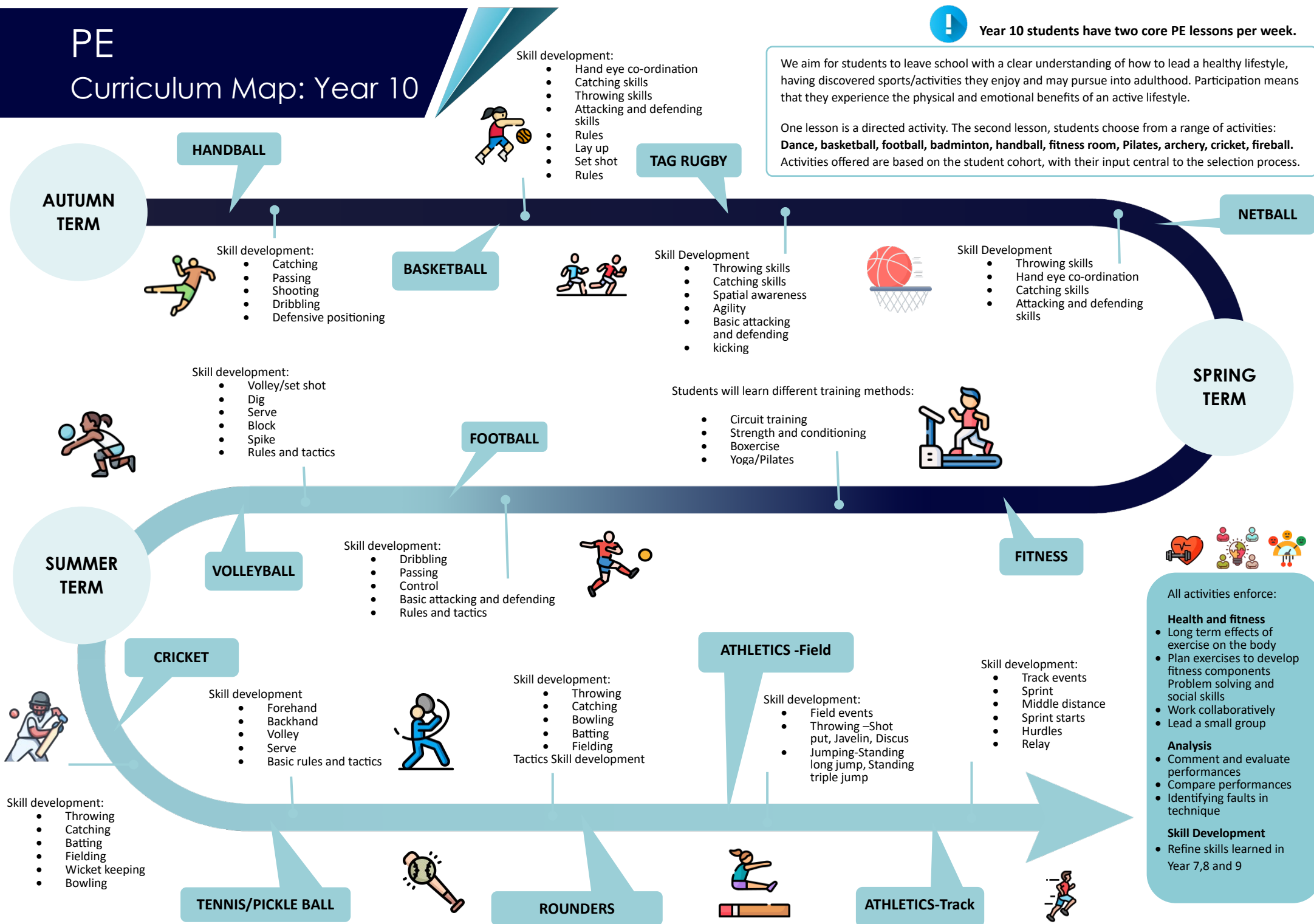
PE Curriculum Map: Year 10



Year 10 students have two core PE lessons per week.

We aim for students to leave school with a clear understanding of how to lead a healthy lifestyle, having discovered sports/activities they enjoy and may pursue into adulthood. Participation means that they experience the physical and emotional benefits of an active lifestyle.

One lesson is a directed activity. The second lesson, students choose from a range of activities: **Dance, basketball, football, badminton, handball, fitness room, Pilates, archery, cricket, fireball.** Activities offered are based on the student cohort, with their input central to the selection process.



All activities enforce:

- Health and fitness**
 - Long term effects of exercise on the body
 - Plan exercises to develop fitness components
 - Problem solving and social skills
 - Work collaboratively
 - Lead a small group

Analysis

- Comment and evaluate performances
- Compare performances
- Identifying faults in technique

Skill Development

- Refine skills learned in Year 7, 8 and 9