

# Year 10 PE Learning Outcomes

## Unit 1/2: Football

Students will:

**Emerging:** Show a basic tactical awareness and react to opponent's pressure in a small sided game.

**Developing:** Use a sound understanding of the principles of attack when planning their approaches to competitive games. Work effectively in a small team to attack and defend with confidence.

**Mastery:** Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved.

## Unit 1/2: Hockey

Students will:

**Emerging:** Show a basic replication of core handling skills and will use these techniques in reaction to opponent's positioning in a small sided game. Will physically exert themselves while taking part in competitive mini versions of the game.

**Developing:** Use core skills learnt to achieve a successful outcome when taking part in competitive games. Work effectively in a small team to attack and defend. Shows an improving confidence when approaching games/related tasks. Complete physically demanding tasks and therefore improve fitness.

**Mastery:** Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved. Both physical and mental capacity will be challenged.

## Unit 3/4: Fitness

Students will:

**Emerging:** Demonstrates clear replication of techniques in all activities and will experience the different demands of various fitness tests. Will challenge themselves physically while performing and explain why exercise is good for health and a sustainable life.

**Developing:** Demonstrates clear replication of techniques in all activities and can change and adapt these core skills where necessary. Can conduct a suitable warm up and explain why exercise is good for health. Work effectively with peers to improve individual performance. Competes in physically demanding events and therefore improves fitness.

**Mastery:** Replicate techniques in a wide range of activities and performs at a high intensity. Can provide others with effective feedback to help them improve. Challenge both physical and mental capacity.

## Unit 3/4: Swimming

Students will:

### 1 Water confidence

**Emerging:** They can demonstrate confidence either on the surface or under water

**Developing:** Support a swimmer in danger and be able to communicate with others to raise the alarm get support.

**Mastery:** They can select from a range of skills which will best suit the safe recovery of an injured/distressed casualty.

### 2 Performance

**Emerging:** They can swim 25m of one stroke with a racing finish

**Developing:** They can swim 25m of one stroke and use a change of pace to set up a racing finish

**Mastery:** They can swim 25m of two or more strokes and use a change of pace to set up a racing finish

### 3 Skill refinement

**Emerging:** Can demonstrate a consistent front crawl leg action and link basic turns.

**Developing:** They can perform the correct finishes for two strokes in a racing situation

**Mastery:** They can perform two turns in two different strokes and maintain an effective stroke for a minimum of 50m.

### 4 Application

**Emerging:** They can use combinations of skills and techniques that suit the needs of the task

**Developing:** They can select suitable approaches for themselves, varying them when working with others and as conditions change

**Mastery:** describe how their bodies respond to different swimming tasks using information about their heart and breathing rates

## Unit 5/6: Striking and Fielding

Students will:

**Emerging:** Show a basic replication of the batting and bowling skills and will use these core skills in a competitive game situation. Body preparation is slow prior to shot selection. Will physically exert themselves while taking part in competitive games.

**Developing:** Uses a range of core skills learnt to achieve a successful outcome when taking part in competitive games. Work effectively as a team and displays confidence. Will find the work physically demanding and therefore improve fitness.

**Mastery:** Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggests how a performance could be improved. Uses both physical and mental capacity.

## Unit 5/6: Net/Wall Tennis

Students will:

**Emerging:** Show a basic replication of groundstrokes in reaction to opponent's shots in a game situation. Body preparation correct but slow prior to shot selection.

**Developing:** Uses a range of core groundstrokes to achieve a successful outcome when taking part in competitive games. Show confidence in playing purposeful shots that stretches oppositions. Will physically exert themselves while taking part in competitive games.

**Mastery:** Demonstrate a very good level of tactical awareness and respond to changing situations by refining groundstrokes. Identify the main aspects of a good performance, recognise weaknesses & suggest ways to improve. Extend both physical and mental capacity to achieve a personal best.

Please note students who have opted for GCSE PE, will follow GCSE PE curriculum plan during Core PE lessons.

# Year 11 PE Learning Outcomes

## Unit 1/2: Netball

Students will:

**Emerging:** Will physically exert themselves while taking part in competitive games and perform a simple role of scoring. Will be able to take part in small sided games and react to opponent's pressure with core skills.

**Developing:** Take part in physical demanding exercise. Use a sound selection of core skills and apply them against opposition. Work effectively in a small team to attack and defend with confidence showing a good knowledge of the rules. Umpire with confidence using correct terminology and instructions.

**Mastery:** Identify aspects of a good performance, recognise weaknesses and suggest how a performance could be improved. Demonstrate a good level of tactical awareness and respond to changing situations by adapting and refining their techniques. Can set up and run a match between 2 teams and score effectively.

## Unit 1/2: Badminton

Students will:

**Emerging:** Will be able to take part in small sided games and react to opponent's pressure with core skills. Will physically exert themselves while taking part in competitive games and maintained a simple scoring system.

**Developing:** Use a sound selection of core skills and apply them against opposition. Work effectively in a pairing to attack and defend with confidence showing a good knowledge of game rules. Take part in physical demanding exercise. Referee games with some confidence.

**Mastery:** Demonstrate a good level of tactical awareness and respond to changing situations by adapting and refining their techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved. Can score and run a doubles or singles game independently.

## Unit 3/4: Football

Students will:

**Emerging:** Show a basic ability to control the ball and pass in reaction to pressure in a competitive small sided game.

**Developing:** Work effectively in a small team to attack and defend in adapted and refine game situations. Use core skills with some competence.

**Mastery:** Shows a sound level of tactical awareness and can easily adapt core skills and techniques to a changing environment.

## Unit 3/4: Hockey

Students will:

**Emerging:** Show a basic replication of core handling skills and will use these techniques in reaction to opponent's positioning in a small sided game. Will physically exert themselves while taking part in competitive mini versions of the game.

**Developing:** Use core skills learnt to achieve a successful outcome when taking part in competitive games. Work effectively in a small team to attack and defend. Shows an improving confidence when approaching games/related tasks. Complete physically demanding tasks and therefore improve fitness.

**Mastery:** Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved. Both physical and mental capacity will be challenged.

## Unit 5: Striking and Fielding

Students will:

**Emerging:** Show a basic replication of the batting and bowling skills and will use these core skills in a competitive game situation. Body preparation is slow prior to shot selection. Will physically exert themselves while taking part in competitive games.

**Developing:** Uses a range of core skills learnt to achieve a successful outcome when taking part in competitive games. Work effectively as a team and displays confidence. Will find the work physically demanding and therefore improve fitness.

**Mastery:** Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggests how a performance could be improved. Uses both physical and mental capacity.

## Unit 5: Net/Wall Tennis

Students will:

**Emerging:** Show a basic replication of groundstrokes in reaction to opponent's shots in a game situation. Body preparation correct but slow prior to shot selection.

**Developing:** Uses a range of core groundstrokes to achieve a successful outcome when taking part in competitive games. Show confidence in playing purposeful shots that stretches oppositions. Will physically exert themselves while taking part in competitive games.

**Mastery:** Demonstrate a very good level of tactical awareness and respond to changing situations by refining groundstrokes. Identify the main aspects of a good performance, recognise weaknesses & suggest ways to improve. Extend both physical and mental capacity to achieve a personal best.