

## Year 10 and 11 PE (Core)

### Swimming

- Develop and refine strokes, with continued refinement of freestyle technique.
- Improve the efficiency of starts, turns and finishes.
- Develop additional strokes.
- Break down the skills and isolate key movements.
- Introduction to aspects of life saving and water safety principles.

### Badminton

- Begin to display shots with an aspect of disguise.
- Interpret and apply tactics learned in Year 9 where appropriate.
- Justify the decisions made and suggest other possible choices.
- Understand how to control a rally, looking to manipulate the position of the opponent.
- The basic serve learned in Year 9 will be developed further and hit into different areas.
- Apply consistently in a game scenario (small court singles and doubles matches).

### Basketball

- Refine the basic techniques for passing and dribbling.
- Develop the correct approach for shooting and apply this in small sided games.
- Understand the 'Lay-up' technique.
- Develop an understanding of defensive strategy and in particular 'zonal defence' and how it can be applied.
- Develop cardiovascular fitness levels and understand ways to improve it further.

### Football

- Understand the importance of a warm up and how personal levels of fitness can impact on performance.
- Develop a consistent approach to controlling the ball with different body parts and understand how to transition play to outwit opponents.
- Learn how to manipulate the ball and their body to give more time to make appropriate decisions.

### Netball

- Understand the importance of a warm up and how personal levels of fitness can impact on performance.
- Become more competent, confident and expert in the techniques, tactics and rules - attempting to apply them consistently to a game scenario.
- Move the ball quickly and develop patterns of play to outwit opponents as a team., culminating in shooting opportunities.

**Dodgeball**

- Use the basic passing and throwing techniques.
- Understand the types of physical fitness best suited to this type of activity.
- Apply tactics which give an advantage over the opponent

**HIIT Training**

- Complete circuit style activities of high intensity for short periods of time.
- Understand the types of muscular contractions and how to isolate muscle groups when working.
- Develop a range of modifications to enable them to perform for a prolonged period of time.

**BoxFit**

- Use the fitness principles of boxing to create a pulse raising activity.
- Understand the fitness demands of combat sports performers and how their training regimes can be followed by sedentary individuals.

**Bootcamp**

- Recognise how everyday objects can be used to increase resistance, enjoyment and participation in army style training.
- Participate in a range of circuits using movement actions.
- Raise the pulse for prolonged periods of time and push bodies towards their maximal heart rate zone.

**Spin**

- Perform a range of fitness based exercises (upper and lower body work) in the indoor spin studio.
- Raise the pulse and increase the intensity of the workout throughout the course of the module.

**Athletics**

- Develop skills further in a range of track and field events.
- Improve previous performances and understand how slight modifications can facilitate improvement.
- Analyse performances compared to previous ones and demonstrate improvement to achieve personal bests.
- Develop the ability to record the scores of others and make suggestions as to how they could improve.

**Tennis**

- Develop the strokes of forehand and backhand.
- Develop net play to reduce the amount of reaction time opponents have.
- Ensure that students are able to perform the shots from isolation into a competitive rally.
- Start a rally from an overhead serve and begin to manipulate opponents to increase their chances of success.

**Cricket/Rounders**

- Within cricket, students will be familiar with pairs and 6's cricket and the rules associated with both forms.
- Within rounders, students will be familiar with the full version of the game and the different modifications related to the structure of the innings.
- Practice striking the ball and look to manipulate opponents' fielding placements through precise striking of the ball.

**Advice to students  
for independent  
study**

- Ensure skills are being consolidated by attending at least two extra curricular club a week.
- Join one of our clubs in the community.
- Continue to recognise which aspects of fitness are needed most in each activity.
- If studied, apply the theoretical knowledge shared to GCSE Physical Education and vice versa.