

Subject Physical Education Year 10

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

During Half terms 1-4 student will rotate through the following activities

Swimming

Students will develop and refine their strokes. Continued refinement of their freestyle technique. Students will look to improve the efficiency of their start, turn and finish. Students will be encouraged to develop additional strokes. Where required students will break down the skill and isolate key movements. In addition students will be introduced to aspects of life saving and water safety principles.

Badminton

Students will start to display shots with an aspect of disguise. The tactics learnt in Year 9 are now able to be interpreted and applied where students feel appropriate. They will be able to justify the decisions made and suggest other possible choices. Students will look to apply them consistently in a game scenario small court singles and doubles. They will become familiar with controlling a rally, looking to take control and manipulate the position of their opponent. The basic serve learnt in Year 9 will be developed further and hit into different areas.

Basketball

Students will refine the basic techniques for passing and dribbling. They will develop the correct approach for shooting and apply this in small sided games. Students will be introduced to the 'Lay-up' technique. Students will develop an understanding of defensive strategy and in particular 'zonal defence' and how it can be applied. They will through play develop their cardiovascular fitness levels and understand ways to improve it further.

Football

They will understand the importance of a warm up and how personal levels of fitness can impact on their performance.

Students will build on and embed the physical development and skills learned in Year 9. They will develop a consistent approach to controlling the ball with different body parts and understand how to transition play to outwit their opponents. Students will learn how to manipulate the ball and their body to give them more time to make appropriate decisions.

Netball

They will understand the importance of a warm up and how personal levels of fitness can impact on their performance.

Students will build on and embed the physical development and skills learned in Year 9, becoming more competent, confident and expert in their techniques tactics and rules and attempt to apply them consistently to a game scenario. Students will look to move the ball quickly and develop patterns of play to outwit opponents as a team. This should culminate in shooting opportunities.

Dodgeball

Students will use the basic passing and throwing techniques used in Dodgeball. They will understand the types of physical fitness best suited to this type of activity. Students will look to apply tactics which give them an advantage over their opponent

HIIT Training

Students will follow an interactive programme. Students will complete in circuit style activities of high intensity for short periods of time. They will have an understanding of the types of muscular contractions and how to isolate muscle groups when working. They will develop a range of a modifications to enable them to perform for a prolonged period of time.

<p>BoxFit Students will use the fitness principles of boxing to create a pulse raising activity. Students will understand the fitness demands of combat sports performers and how their training regimes can be followed by sedentary individuals.</p> <p>Bootcamp Students will be able to recognise how everyday objects can be used to increase resistance, enjoyment and participation in army style training. Students will participate in a range of circuits using movement actions that will stretch and challenge even the most able. Students will raise their pulse for prolonged periods of time and push their bodies towards their maximal heart rate zone.</p> <p>Spin Students will have the opportunity to perform a range of fitness based exercises in our indoor spin studio. Not only will the lower body work through a series of exercises so will the upper body. Students will look to raise their pulse and be able to increase the intensity of their workout throughout the course of the module.</p>	
<p>During Half terms 5-6 students will rotate through the following activities</p> <p>Athletics Students will have the opportunity to develop their skills further in a range of track and field events. They will look to improve previous performances and understand how slight modifications can facilitate improvement. Students will have an opportunity to run, jump and throw in their module. Students will analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. They will develop the ability to record the scores of others and make suggestions as to how they could improve.</p> <p>Tennis Students will develop their strokes of forehand and backhand. They will look to develop their net play and how they can reduce the amount of reaction time their opponents have. They will apply logical progression to ensure they are able to perform the shots from isolation into a competitive rally. They will be able to start a rally from an overhead serve and begin to manipulate their opponent to increase their chances of success.</p> <p>Cricket/Rounders Students will build on and embed the physical development and skills learned in Year 8. 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. Students will practice striking the ball and look to manipulate their opponents fielding placements through precise striking of the ball.</p>	
<p>By the time you finish key stage 4 you'll be...</p>	<p>Students will have had the opportunity to opt for a specific physical education pathway. Students can choose from performance, recreational and lifestyle pathways. The pathway choice will enable students to select the pathway which best support their current and future involvement in physical activity.</p> <p>Able to use and develop a variety of tactics and strategies to overcome opponents in team and individual games [badminton, basketball, cricket, football, hockey, netball, rounders, dodgeball and tennis]</p> <p>Have developed their technique and improve their performance in other competitive sports [athletics and swimming] or other physical activities [for example, dance]</p> <p>Have accessed different activities which lead towards a healthy lifestyle. Fitness based activities [bootcamp, spin, HIIT training and BoxFit].</p> <p>evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p>

Subject Physical Education Year 11

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

During Half terms 1-4 student will rotate through the following activities

Swimming

Students will develop and refine their strokes. Continued refinement of their freestyle technique. Students will look to improve the efficiency of their start, turn and finish. Students will be encouraged to develop additional strokes. Where required students will break down the skill and isolate key movements. In addition, students will be introduced to aspects of life saving and water safety principles.

Badminton

Students will start to display shots with an aspect of disguise. The tactics learnt in Year 10 are now able to be interpreted and applied where students feel appropriate. They will be able to justify the decisions made and suggest other possible choices. Students will look to apply them consistently in a game scenario small court singles and doubles. They will become familiar with controlling a rally, looking to take control and manipulate the position of their opponent. The basic serve learnt in Year 10 will be developed further and hit into different areas.

Basketball

Students will refine the basic techniques for passing and dribbling. They will develop the correct approach for shooting and apply this in small sided games. Students will be introduced to the 'Lay-up' technique. Students will develop an understanding of defensive strategy and in particular 'zonal defence' and how it can be applied. They will through play develop their cardiovascular fitness levels and understand ways to improve it further.

Football

They will understand the importance of a warm up and how personal levels of fitness can impact on their performance.

Students will build on and embed the physical development and skills learned in Year 10. They will develop a consistent approach to controlling the ball with different body parts and understand how to transition play to outwit their opponents. Students will learn how to manipulate the ball and their body to give them more time to make appropriate decisions.

Netball

They will understand the importance of a warm up and how personal levels of fitness can impact on their performance.

Students will build on and embed the physical development and skills learned in Year 10, becoming more competent, confident and expert in their techniques tactics and rules and attempt to apply them consistently to a game scenario. Students will look to move the ball quickly and develop patterns of play to outwit opponents as a team. This should culminate in shooting opportunities.

Dodgeball

Students will use the basic passing and throwing techniques used in Dodgeball. They will understand the types of physical fitness best suited to this type of activity. Students will look to apply tactics which give them an advantage over their opponent

HIIT Training

Students will follow an interactive programme. Students will complete in circuit style activities of high intensity for short periods of time. They will have an understanding of the types of muscular contractions and how to isolate muscle groups when working. They will develop a range of a modifications to enable them to perform for a prolonged period of time.

BoxFit

Students will use the fitness principles of boxing to create a pulse raising activity. Students will understand the fitness demands of combat sports performers and how their training regimes can be followed by sedentary individuals.

<p>Bootcamp Students will be able to recognise how everyday objects can be used to increase resistance, enjoyment and participation in army style training. Students will participate in a range of circuits using movement actions that will stretch and challenge even the most able. Students will raise their pulse for prolonged periods of time and push their bodies towards their maximal heart rate zone.</p> <p>Spin Students will have the opportunity to perform a range of fitness-based exercises in our indoor spin studio. Not only will the lower body work through a series of exercises so will the upper body. Students will look to raise their pulse and be able to increase the intensity of their workout throughout the course of the module.</p>	
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