

Year 10 - Physical Education

Half-Term 1 04/09/24 - 25/10/24	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	In Year 10 PE students will learn about how to: Use and develop a variety of tactics and strategies to overcome opponents in team and individual games. Develop their technique and improve their performance in other competitive sports, or other physical activities. Take part in further outdoor and adventurous activities in a range of environments that present intellectual and physical challenges and encourage pupils to work in a team, building on trust and developing skills to solve problems. Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best. Continue to take part regularly in competitive sports and activities outside school through local sports clubs
	Baseline fitness tests	Students will choose one of the following sports: Trampoline, HRE, Table Tennis, Badminton, Netball, Football							
Half-Term 2 04/11/24 - 20/12/24	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	Students will choose one of the following sports: Dodgeball, HRE, Dance, Basketball, Rugby, Girls Football								
Half-Term 3 08/01/25 - 14/02/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	Baseline fitness tests	Students will go back to their original sport: Trampoline, HRE, Table Tennis, Badminton, Netball, Football							
Half-Term 4 24/02/25 - 04/04/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	Students will go back to their second sport: Dodgeball, HRE, Dance, Basketball, Rugby, Girls Football								
Half-Term 5 22/04/25 - 23/05/25	Week 1	Week 2	Week 3	Week 4	Week 5				
	Students will choose one of the following sports: HRE, Dance, Tennis, Rounders, Football								
Half-Term 6 02/06/25 - 18/07/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		Key Progress Check Week Key Assessment Week End of Year Exam Week
	Students will choose one of the following sports: Cricket, HRE, Softball, Tennis, Rounders, Football								