



Physical Education Curriculum Overview - Year 10

	Unit	Details
Autumn One	Badminton	Having developed a range of skills and strategies pupils will be able to organise their own games and tournaments, whether singles or doubles. They will be able to play competitively but also in a recreational situation where they can use the skills learnt to continue with physical activity.
Autumn Two	Fitness Table tennis	Linking knowledge learnt from previous lessons about components of fitness and methods of training in PE lessons and some pupils who do GCSE PE the pupils will be able to develop their knowledge on the topic and begin to design their own training programmes. In table tennis they can develop their skills, linking rules and tactics to other net/wall activities.
Spring One	Volleyball	Having developed a range of skills and strategies in net wall games pupils will be able to organise their own games and tournaments, using a range of skills and knowledge developed in previous years. They will be able to play competitively but also in a recreational situation where they can use the skills learnt to continue with physical activity. Pupils will use and develop a variety of tactics and strategies to overcome opponents in team games.
Spring Two	Basketball	They will use and develop a variety of tactics and strategies to overcome opponents in team games. The pupils will develop their knowledge of positions and strategies in defence and offence to develop their play.
Summer One	Athletics	Pupils will develop their technique and improve their performance in competitive sports, they will evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.
Summer Two	Rounders Tennis	Pupils will continue to develop and use a range of tactics and strategies to overcome opponents in direct competition through games. Linking tactics used in other striking fielding games such as rounders and cricket will link these tactics together. In this term pupils will have the opportunity to work with other pupils in the school running and assisting with events to help develop their leadership skills.