



**Curriculum Plans – Key Stage 4 Physical Education**

**Year 10**

	Block 1/ Block2/ Block 3	Block 4/ Block 5	Block 6/ Block 7
	<p><b>Net and Barrier Games Unit:</b> Volleyball/Badminton/ Fitness and Strength Conditioning</p> <p><b>Sports Knowledge Unit: Sport Psychology</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Demonstrate and use a serve, dig, volley and set</li> <li>-Complete a rally of 20 minimum</li> <li>-Show the difference between a forehand and a backhand</li> <li>-Demonstrate a serve</li> <li>-Move around the court safely and effectively</li> <li>-Return a serve</li> <li>-Demonstrate a smash</li> <li>-Demonstrate forehand and backhand</li> <li>-Understand the rules of the game</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Serve low, short, high and deep</li> <li>-Complete a rally of 30 minimum</li> <li>-Compete in a competitive game</li> <li>-Switch between forehand and backhand shots in a game situation</li> <li>-Serve, and ace a return a serve</li> <li>-Move around the court quickly with control</li> <li>-Serve low, short, high and deep</li> <li>-Play in a competitive game</li> <li>-Movement on the court</li> </ul>	<p><b>International Games Unit: Floor Hockey/Ultimate Frisbee/ Fitness and Strength Conditioning</b></p> <p><b>Sports Knowledge Unit: Training/ Skills and Skill Acquisition</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Move the ball down the court with the floor hockey stick</li> <li>-Pass the ball (short, long) using the correct part of the hand</li> <li>-Run with the ball (dribble)</li> <li>-Turn with the ball</li> <li>-Perform the role of goalkeeper</li> <li>-Shoot at goal</li> <li>-Pass and receive</li> <li>-Shoot on goal</li> <li>-Dribble with either hand</li> <li>-Change direction with the ball</li> <li>-Stop and pivot with the ball</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Move the ball with the floor hockey stick past opponents with precision and control</li> <li>-Use a range of passes successfully</li> <li>-Gain possession</li> <li>-Keep possession</li> <li>-Shoot on target</li> <li>-Score when shooting on net</li> <li>-Dribble with either hand and change direction keeping off defenders</li> <li>-Intercept players</li> <li>-Catch and turn in the air</li> </ul>	<p><b>Fielding and Target Games Unit:</b> Cricket/ Target Games/ Fitness and Strength Conditioning</p> <p><b>Sports Knowledge Unit: Nutrition, Health and Well-being</b></p> <p><b>All students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Strike the ball</li> <li>-Pass the ball (short, long)</li> <li>-Run with the ball</li> <li>-Turn with the ball -Perform the role of pitcher</li> <li>-Throw to bases</li> <li>-Run to bases</li> <li>-Throw/ strike an object toward a target</li> <li>-Field the ball</li> </ul> <p><b>Some students will be able to:</b></p> <ul style="list-style-type: none"> <li>-Use a range of passes successfully</li> <li>-Tag students out</li> <li>-Keep possession -throw on target</li> <li>-Understand tactical problems related to target games</li> <li>-Shot selection</li> <li>-Judge distance</li> <li>-Prevent points</li> <li>-Protect a shot</li> </ul>
<b>Assessment</b>	<p>Observations</p> <ul style="list-style-type: none"> <li>-Q&amp;A</li> <li>-Skill demonstrations</li> <li>-Skill practice</li> <li>-Peer Review</li> <li>-Group Work</li> <li>-Knowledge checks</li> <li>-Skill assessment</li> <li>-Fitness assessment</li> <li>-Knowledge assessment</li> </ul>	<p>Observations</p> <ul style="list-style-type: none"> <li>-Q&amp;A</li> <li>-Skill demonstrations</li> <li>-Skill practice</li> <li>-Peer Review</li> <li>-Group Work</li> <li>-Knowledge checks</li> <li>-Skill assessment</li> <li>-Fitness assessment</li> <li>-Knowledge assessment</li> </ul>	<p>Observations</p> <ul style="list-style-type: none"> <li>-Q&amp;A</li> <li>-Skill demonstrations</li> <li>-Skill practice</li> <li>-Peer Review</li> <li>-Group Work</li> <li>-Knowledge checks</li> <li>-Skill assessment</li> <li>-Fitness assessment</li> <li>-Knowledge assessment</li> </ul>