



Physical Education Department
Curriculum Overview - Year 10 Core

The Big Picture:

In Year 10 pupils will build on and embed the Decision Making, Physical Attributes, Quality of Skills and Range of Skills, learned in Year 7, 8 and 9. Student will focus on observation and analysis throughout and develop their leadership through a variety of roles. Students will choose a bespoke pathway to promote a lifelong healthy, active lifestyle.

AO1: -Demonstrate and apply relevant skills and techniques in physical activity and sport.
 -Analyse and evaluate performance

Term 1: Pathway 1 – Aesthetic -Gymnastics Pathway 2 – Traditional - Hockey Pathway 3 – Alternative – Outdoor Adventurous Activities Assessment Objectives covered - AO1	Term 4: Pathway 1 – Aesthetic - Fitness Pathway 2 – Traditional - Badminton Pathway 3 – Alternative – Net/Wall Games Assessment Objective Covered – AO1
Term 2: Pathway 1 – Aesthetic - Trampolining Pathway 2 – Traditional - Netball Pathway 3 – Alternative - Handball Assessment Objectives covered - AO1	Term 5: Pathway 1 – Aesthetic - Spinning Pathway 2 – Traditional – Cricket/Rounders Pathway 3 – Alternative – Ultimate Frisbee Assessment Objectives - AO1
Term 3: Pathway 1 – Aesthetic – Body Conditioning Pathway 2 – Traditional - Football Pathway 3 – Alternative – Territorial Games Assessment Objectives covered - AO1	Term 6: Pathway 1 – Aesthetic - Athletics Pathway 2 – Traditional - Tennis Pathway 3 – Alternative – Target Games Assessment Objectives Covered - AO1