



Physical Education Year 10 Curriculum Map

YEAR 10	Autumn	Spring	Summer
<p>Curriculum Content</p>	<p style="text-align: center;">Core PE Badminton, Volleyball, Football</p> <p>Composite: To develop performance in a game situation, demonstrating more advanced skills and knowledge of tactics</p> <p>Components:</p> <ul style="list-style-type: none"> • Leadership skills • Developing drills for a specific skill • Team play and communication • Officiating <p style="text-align: center;">Cambridge National Certificate in Sport Studies R053: Sports Leadership</p> <p>Composite: Developing an understanding of the personal qualities, styles, roles and responsibilities associated with effective sports leadership</p> <p>Components:</p> <ul style="list-style-type: none"> • Understanding different leadership roles. • Understanding role related responsibilities of leaders. • Developing a knowledge of different leadership qualities. • Understanding leadership styles. <p style="text-align: center;">Composite: Developing an understanding of safety requirements when planning a coaching session</p> <ul style="list-style-type: none"> • Assessing risks. • Carrying out corrective actions to eliminate risks. <p style="text-align: center;">R052: Developing Sports Skills</p> <p>Composite: Demonstrating the ability to use skills, techniques and compositional ideas as an individual performer in a sporting activity: badminton and trampolining</p> <p>Components:</p> <ul style="list-style-type: none"> • Performing skills and techniques. • Creativity during a performance. • Developing appropriate use of tactics. • Decision making to gain an advantage. • Maintaining performance. <p>Composite: Practising methods to support improvement in a sporting activity</p> <p>Components:</p> <ul style="list-style-type: none"> • Identifying key skills and techniques. • Classifying skills. • Identifying suitable types of practice to improve performance. • Identifying methods to improve performance. • Measuring improvements in performance. 	<p style="text-align: center;">Core PE Trampolining, Fitness, Football,</p> <p>Composite: To develop performance in a game situation, demonstrating more advanced skills and knowledge of tactics</p> <p>Components:</p> <ul style="list-style-type: none"> • Leadership skills • Developing drills for a specific skill • Team play and communication • Officiating <p style="text-align: center;">Cambridge National Certificate in Sport Studies R051: Contemporary Issues in Sport</p> <p>Composite: Exploring a range of contemporary Issues in Sport</p> <p>Components:</p> <ul style="list-style-type: none"> • Understanding the issues relating to participation in sport • Understanding the role of sport in the promotion of values • Understanding the importance of hosting major sporting events • Understanding the role of national governing bodies in sport <p style="text-align: center;">R053: Sports Leadership</p> <p>Composite: Planning, delivering and analysing a sports activity session</p> <ul style="list-style-type: none"> • Planning a session • Communication and motivation • Contingency plans • Strengths and areas for improvement in the panning and delivery of the session. <p style="text-align: center;">R052: Developing Sports Skills</p> <p>Composite: Demonstrating the ability to use skills, techniques and compositional ideas as a team performer in a sporting activity: football and netball</p> <p>Components:</p> <ul style="list-style-type: none"> • Performing skills and techniques. • Creativity during a performance. • Developing appropriate use of tactics. • Decision making to gain an advantage. • Maintaining performance. 	<p style="text-align: center;">Core PE Striking and fielding games,</p> <p>Composite: To develop performance in a game situation, demonstrating more advanced skills and knowledge of tactics</p> <p>Components:</p> <ul style="list-style-type: none"> • Leadership skills • Developing drills for a specific skill • Team play and communication • Officiating <p style="text-align: center;">Cambridge National Certificate in Sport Studies R051: Contemporary Issues in Sport</p> <p>Composite: Exploring a range of contemporary Issues in Sport</p> <p>Components:</p> <ul style="list-style-type: none"> • Understanding the role of national governing bodies in sport • Revision techniques and exam practice <p style="text-align: center;">R056: Developing Knowledge and Skills in Outdoor Activities</p> <p>Components:</p> <ul style="list-style-type: none"> • Developing a knowledge of the provision of outdoor activities • Understanding the value of participating in outdoor pursuits • Planning an outdoor activity • Developing knowledge and skills in outdoor activities

<p>Prior knowledge and skills (from previous year / key stage)</p>	<p>Badminton/ trampolining rules, skills, techniques and tactics Qualities of a leader Knowledge of a variety of sports leaders eg. football captains, managers, coaches etc. Personal qualities eg. reliable, confident, empathetic etc.</p>	<p>Leadership skills from core PE lessons Knowledge of rules and regulations of different sports Components of a warm up Methods of guidance Communication</p>	<p>Problem solving skills- orienteering Research skills- provision of outdoor activities in the UK Revision skills Examination technique</p>
<p>Core Knowledge Organiser content</p>	<p>Leadership styles, roles, responsibilities and qualities.</p>	<p>Communication skills, organisational skills, components of a lesson, values in sport, Olympic values, barriers to participation in sport, user groups.</p>	<p>Roles of national governing bodies in sport, sports initiatives and campaigns, sports infrastructure.</p>
<p>Assessment Objectives</p>	<p>R053: This unit will be assessed internally as a written piece of coursework. A mark will be awarded against criteria set by the exam board: MB1: 1-4 marks Outlines a range of different sports leadership roles and responsibilities associated with them. Identifies the style and personal qualities which relate to leadership roles in sport. MB2: 5-7 marks Describes a range of sports leadership roles and related responsibilities. Makes links between different roles and the personal qualities and leadership styles of those who undertake them with some accuracy. MB3: 8-9 marks Describes a wide range of sports leadership roles and related responsibilities. Makes clear and accurate links between different roles and the personal qualities and leadership styles of those who undertake them. [</p> <p>R052: This unit of practical work will be assessed internally through self, peer and teacher assessment. Students will take part in a number of practical objective tests to measure skill acquisition and highlight strengths and areas of weakness.</p>	<p>R051: This unit will be assessed through a mock exam. R053: This unit will be assessed internally as a written piece of coursework. A mark will be awarded against criteria set by the exam board: MB1: 1-6 marks Demonstrates limited application of skills and knowledge in delivering a sports activity session. Delivery of the session shows limited application of activity specific knowledge, with little awareness of adaptability as the session progresses MB2: 7-12 marks Demonstrates effective application of skills and knowledge in delivering a sports activity session. Delivery of the session shows effective application of activity specific knowledge, with some awareness of adaptability as the session progresses MB3: 13-18 marks skills and knowledge in delivering a sports activity session. Delivery of the session shows advanced application of activity specific knowledge. Adapts the session efficiently as it progresses to meet the needs of the participants.</p>	<p>R053: This unit will be assessed through an external examination R056: This unit will be assessed internally as a written piece of coursework. A mark will be awarded against criteria set by the exam board: MB1: 1- Definition of outdoor activities is limited. Some different outdoor activities are briefly described with a few examples given. Outlines the provision of outdoor activities in the UK using few examples MB2: Definition of outdoor activities is accurate with some detail. A range of outdoor activities are described in detail with mostly relevant examples given for each. Describes the provision of outdoor activities in the UK using a range of examples. MB3: Definition of outdoor activities is accurate and detailed. A wide range of outdoor activities are described in detail with clear and relevant examples given for each. Comprehensively describes the provision of outdoor activities in the UK using a wide range of examples.</p>
<p>Vocabulary / Key Subject Terminology</p>	<p>Captain, manager, PE teacher, expedition leader, role model, autocratic, democratic, laissez-faire, communication, confidence, punctuality, risk assessment, hazards, contingency plan, emergency procedures</p>	<p>Communication, motivation, praise, tangible/non-tangible rewards, user groups, barriers to participation, citizenship, tolerance, etiquette, sportsmanship, gamesmanship.</p>	<p>Leisure, recreation, national governing bodies, provision, access, sports development, policies, initiatives, funding, sponsorship, equality, elite, national pride.</p>
<p>Assessment 1</p>	<p>AP1- written assessment:</p> <ul style="list-style-type: none"> Roles and responsibilities of sports leaders Risk assessments in sport 	<p>AP1- written assessment:</p> <ul style="list-style-type: none"> Barriers to participation in Sport <p>AP2- written assessment:</p> <ul style="list-style-type: none"> Sporting values 	<p>AP1- external assessment:</p> <ul style="list-style-type: none"> Contemporary issues in sport
<p>Cross Curricular Links with other Faculties</p>	<p>The cardio-respiratory system-science and health and social care Physiological responses to exercise- science Benefits of exercise- PSHCE- health and well-being</p>	<p>User groups- sociology Olympic games- history Evaluation of practical performance- dance and music</p>	<p>Problem solving- maths and science Teamwork- maths and science Orienteering- geography</p>

<p>Extra-Curricular Offer</p>	<ul style="list-style-type: none"> • Football • Badminton • Basketball • Gymnastics 	<ul style="list-style-type: none"> • Trampolining • Football • Badminton 	<ul style="list-style-type: none"> • Athletics • Rounders • Softball
<p>Time Allocation</p>	<p>3 lessons per week- 15 weeks</p>	<p>3 lessons per week- 12 weeks</p>	<p>3 lessons per week- 13 weeks</p>