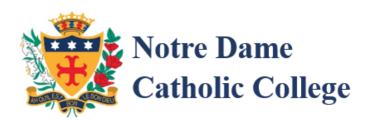
Physical Education Year 10 Curriculum Map



YEAR 10	Autumn	Spring	Summer
Curriculum Content	Core PE Badminton, Volleyball, Football Composite: To develop performance in a game situation, demonstrating more advanced skills and knowledge of tactics Components: • Leadership skills • Developing drills for a specific skill • Team play and communication • Officiating Cambridge National Certificate in Sport Studies R053: Sports Leadership Composite: Developing an understanding of the personal qualities, styles, roles and responsibilities associated with effective sports leadership Components: • Understanding different leadership roles. • Understanding role related responsibilities of leaders. • Developing a knowledge of different leadership qualities. • Understanding leadership styles. Composite: Developing an understanding of safety requirements when planning a coaching session • Assessing risks. • Carrying out corrective actions to eliminate risks. R052: Developing Sports Skills Composite: Demonstrating the ability to use skills, techniques and compositional ideas as an individual performer in a sporting activity: badminton and trampolining Components: • Performing skills and techniques. • Creativity during a performance. • Developing appropriate use of tactics. • Decision making to gain an advantage. • Maintaining performance. Composite: Practising methods to support improvement in a sporting activity Components:	Core PE Trampolining, Fitness, Football, Composite: To develop performance in a game situation, demonstrating more advanced skills and knowledge of tactics Components: • Leadership skills • Developing drills for a specific skill • Team play and communication • Officiating Cambridge National Certificate in Sport Studies R051: Contemporary Issues in Sport Composite: Exploring a range of contemporary Issues in Sport Components: • 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 R053: Sports Leadership Composite: Planning, delivering and analysing a sports activity session • Planning a session • Communication and motivation • Contingency plans • Strengths and areas for improvement in the panning and delivery of the session. R052: Developing Sports Skills Composite: Demonstrating the ability to use skills, techniques and compositional ideas as a team performer in a sporting activity: football and netball Components: • Performing skills and techniques. • Creativity during a performance. • Developing appropriate use of tactics. • Decision making to gain an advantage. • Maintaining performance.	Core PE Striking and fielding games, Composite: To develop performance in a game situation, demonstrating more advanced skills and knowledge of tactics Components:
	 Identifying key skills and techniques. Classifying skills. Identifying suitable types of practice to improve performance. Identifying methods to improve performance. Measuring improvements in performance. 		

Prior knowledge and skills (from previous year / key stage)	Badminton/ trampolining rules, skills, techniques and tactics Qualities of a leader Knowledge of a variety o sports leaders eg. football captains, managers, coaches etc. Personal qualities eg. reliable, confident, empathetic etc.	Leadership skills from core PE lessons Knowledge of rules and regulations of different sports Components of a warm up Methods of guidance Communication	Problem solving skills- orienteering Research skills- provision of outdoor activities in the UK Revision skills Examination technique
Core Knowledge Organiser content	Leadership styles, roles, responsibilities and qualities.	Communication skills, organisational skills, components of a lesson, values in sport, Olympic values, barriers to participation in sport, user groups.	Roles of national governing bodies in sport, sports initiatives and campaigns, sports infrastructure.
Assessment Objectives	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. [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.	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.	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.
Vocabulary / Key Subject Terminology	Captain, manager, PE teacher, expedition leader, role model, autocratic, democratic, laissez-faire, communication, confidence, punctuality, risk assessment, hazards, contingency plan, emergency procedures	Communication, motivation, praise, tangible/non-tangible rewards, user groups, barriers to participation, citizenship, tolerance, etiquette, sportsmanship, gamesmanship.	Leisure, recreation, national governing bodies, provision, access, sports development, policies, initiatives, funding, sponsorship, equality, elite, national pride.
Assessment 1	AP1- written assessment: • Roles and responsibilities of sports leaders • Risk assessments in sport	AP1- written assessment:	AP1- external assessment: • Contemporary issues in sport
Cross Curricular Links with other Faculties	The cardio-respiratory system-science and health and social care Physiological responses to exercise- science Benefits of exercise- PSHCE- health and well-being	User groups- sociology Olympic games- history Evaluation of practical performance- dance and music	Problem solving- maths and science Teamwork- maths and science Orienteering- geography

Extra-Curricular Offer	 Football Badminton Basketball Gymnastics 	TrampoliningFootballBadminton	AthleticsRoundersSoftball
Time Allocation	3 lessons per week- 15 weeks	3 lessons per week- 12 weeks	3 lessons per week- 13 weeks