

# Year 10

## Topic Overview PE



<b>Autumn Term</b>	
<b>Topic 1</b>	<b>Health Related Fitness</b>
<b>Topic 2</b>	<b>Invasion Games (Football)</b>
<b>Spring Term</b>	
<b>Topic 3</b>	<b>Trampolining</b>
<b>Topic 4</b>	<b>Invasion Games (Netball)</b>
<b>Summer Term</b>	
<b>Topic 5</b>	<b>Net Games—Tennis</b>
<b>Topic 6</b>	<b>Striking and Fielding—Cricket</b>

# Year 10 Topic Overview Descriptions PSHE



<b>Autumn Term</b>	
<b>Topic 1</b>	This unit will introduce learners to a range of exercise and fitness classes and ways in which a person can keep fit. Students will begin to think about ways of keeping fit including creating their own circuits. They will look at different forms of training such as HIIT and AMRAP and begin to analyse their own fitness levels using aerobic and anaerobic exercises.
<b>Topic 2</b>	Students will look at positioning within a 9v9 game. They will analyse tactics and how they can be used within a competitive game. Students will begin to perfect their skills in long and short distance passing, shooting, dribbling, defending and attacking.
<b>Spring Term</b>	
<b>Topic 3</b>	Students will practise the tuck, straddle and pike on a Trampoline as well as learn the correct technique for the seat drop, back drop, front drop and different turns. Students will practise and perform continuous sequences to create a routine of at least 6 bounces and evaluate their performance.
<b>Topic 4</b>	Students will learn and develop the basic skills and techniques for netball. They will refine their passing skills and shooting skills. They will continue to practise pivoting. They will begin to utilise their knowledge and skills in competitive games including using tactics and positioning to attack and defend.
<b>Summer Term</b>	
<b>Topic 5</b>	Students will demonstrate their forehand and backhand grip and technique. They will learn the forehand and backhand push and drive shot as well as the serve. They will begin to apply these skills to a small game. Students will learn the rules of the game and begin to employ tactics in their performance.
<b>Topic 6</b>	Students will refine their skills in overarm bowling. They will continue to perfect long and short distance throwing and catching skills as well as the role of fielders in the game. They will begin to continue to develop their skills and perform them within a competitive game.