



Physical Education Course Outline 2nd Term- YEAR 10

The secondary students will undertake a diverse range of activities to allow them to experience many challenges and learning experiences suitable for their development. Emphasis will not only be placed on the psychomotor domain as PE is mainly viewed, but the students cognitive, social and emotional characteristics will also be developed. Feedback will play a significant role in pupil's development in every area. Whether this is self or peer evaluation, they will learn to identify strengths and weaknesses of a performer and how to suggest ways of improvement through varied and effective forms of communication. Through using a wide range of teaching and learning strategies appropriate for the age and stage of each and every student, all will feel included and will undoubtedly achieve success in Physical Education.

Activities and the aspects which will be covered

Each and every activity will last approximately six weeks apart from swimming which will run throughout the whole year. There may be some alterations to the length and which activities are offered however this will be discussed as a department prior to any changes being made. The activities covered will vary for each year group.

Boys Football

<u>Week Breakdown</u>	<u>Area of Focus</u>	<u>Learning Outcome</u>
1	Ball control	<ul style="list-style-type: none"> - Pupils will learn how to control a ball whilst stationary and moving. - They will learn how to control a ball in the direction they want it to go. - They will learn how to adjust their body positioning in relation to the ball arriving at them.
2	Dribbling	<ul style="list-style-type: none"> - Pupils will learn how to use all parts of their foot to move the ball. - Pupils will enhance their decision making on when to dribble in a game situation. - They will develop their ability to dribble the ball at speed. - They will learn to change direction with the ball whilst keeping it under control.
3	Passing	<ul style="list-style-type: none"> - Pupils will learn how to use the inside of the foot to transfer the ball accurately to a team mate in isolation and a game situation. - They will gain a fuller understanding of what type of pass to play in a game situation. - They will learn how to position their body to give

		themselves a stable balance when striking the ball.
4	Shooting	<ul style="list-style-type: none"> - Pupils will develop an understanding of how to strike the ball accurately into the goals. - They will improve their ability to connect with a moving ball i.e. receiving the ball or whilst dribbling.
5	Conditioned Games	<ul style="list-style-type: none"> - Pupils will refine all the skills they have learned. - They will apply their knowledge and understanding through their decision making in the games.
6	Full Games	<ul style="list-style-type: none"> - Pupils will refine all the skills they have learned. - They will apply their knowledge and understanding through their decision making in the games.

Girls Basketball

Week Breakdown	Area of Focus	Learning Outcome
1	Ball Handling	<ul style="list-style-type: none"> - Pupils will learn how to use the ball effectively when they have it in their own or their teamspossession. - Pupils will learn to catch the ball, protect and get into the triple threat position as soon as possible.
2	Dribbling	<ul style="list-style-type: none"> - Pupils will learn how to use both hands when moving with the ball. - They will learn and understand the correct technique of hand positioning. - Pupils will learn how to use their bodies when dribbling to shield the ball from opponents.
3	Passing	<ul style="list-style-type: none"> - Pupils will understand when and how to use the chest, bounce, overhead and javelin pass. - Pupils will be able to evaluate their own and others technique of all types of passing.
4	Passing/Shooting	<ul style="list-style-type: none"> - Same as above - Pupils will understand the principle of shooting as close to the basket as possible. - Introduction to the lay up
5	Shooting	<ul style="list-style-type: none"> - Pupils will learn how to use the lay-up both in isolation and in game situations. - They will develop the ability to use the correct technique for the set shot. - The jump shot will be an extension to the set shot.
6	Games	<ul style="list-style-type: none"> - Pupils will demonstrate their overall ability through a series of mini and full games. - Pupils will reflect on their own performance and suggest aspects on how to improve.

Boys and Girls Swimming

Week Breakdown	Area of Focus	Learning Outcome
1-3	Front Crawl	<ul style="list-style-type: none">- Pupils will learn how to improve their body positioning, efficient breathing, leg technique and arm technique.- Pupils will develop their knowledge and understanding on how to improve their own and others performances.
4-7	Back Crawl	<ul style="list-style-type: none">- Pupils will learn how to improve their body positioning, efficient breathing, leg technique and arm technique.- Pupils will develop their knowledge and understanding on how to improve their own and others performances.
8-11	Breast Stroke/Diving/Underwater Swimming	<ul style="list-style-type: none">- Pupils will learn how to improve their body positioning, efficient breathing, leg technique and arm technique.- Pupils will develop their knowledge and understanding on how to improve their own and others performances.- Pupils will learn the correct body positioning for diving and will understand the principle of streamlining.

Boys and Girls Fitness

Week Breakdown	Area of Focus	Learning Outcome
7	Fitness Testing	<ul style="list-style-type: none">- Pupils will understand the importance of testing their fitness prior to undertaking any physical training programme.- They will begin to learn to understand how physical wellbeing benefits their quality of life.
8	Circuit Training	<ul style="list-style-type: none">- They will understand the role of the heart when exercising.- They will improve their muscular endurance and Cardio respiratory endurance.
9	Speed Endurance	<ul style="list-style-type: none">- Pupils will develop, understand and apply speed endurance to specific activities.
10	Fartlek Training	<ul style="list-style-type: none">- Pupils will develop, understand and apply fartlek training to specific activities.
11	Fitness re-testing	<ul style="list-style-type: none">- Pupils will understand the importance of being able to measure their success or improvements.