

## Physical Education – Year 10 Core Curriculum

The focus of Year 10 Core PE is on developing Pupils leadership Abilities.

Pupils also follow 1 block of swimming focussed on Personal Survival and River Safety

<b>Content (Intent)</b>	<b>Links to prior learning</b>	<b>Skills and Assessment (Implementation)</b>	<b>Expected Learning Outcomes (Impact)</b>
<p><b>Term 1</b> Development of leadership skills.</p> <ul style="list-style-type: none"> <li>- Through a variety of teambuilding and leadership tasks, pupils will develop their understanding of how to be an effective leader</li> <li>- Pupils will lead a small group activity to others</li> </ul> <p>Term 2-4</p> <ul style="list-style-type: none"> <li>- Through a variety of selected sports/activities, pupils will develop their leadership skills by leading to others in their class/year group.</li> <li>- Pupils will develop their officiating skills in the chosen activities.</li> <li>- Pupils will be given the opportunity to lead at primary school level competition or festival</li> </ul>	<p>Students develop skills learnt in KS3 and 4</p>	<p>Skills:</p> <ul style="list-style-type: none"> <li>• Knowledge of how physical activity can help to maintain and improve fitness.</li> <li>• Understanding of how physical activity can aid mental health and be a form of stress relief from A Level pressures.</li> <li>• Development of teamwork and cooperation.</li> <li>• Enjoyment of participating in physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Students will participate in an hour of physical activity each week, developing their physical fitness, supporting their mental health and through the pressures of their A Level studies.</li> <li>• Those students choosing fitness activities should also learn about improving their fitness through activities they can continue outside of school.</li> <li>• Those students choosing dance will produce a routine which may be included in the gym and dance show.</li> </ul>

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Term 5 - Pupils will follow a SOW on Water Safety, personal survival and basic life saving skills. -			

### **Resources and/or activities to support learning**

Extracurricular clubs are provided in all of the above activities across the year and the timetable is displayed on noticeboards as the school website.

Sports Captains and Prefects support with coaching at extracurricular clubs.

Links with local sports clubs – posters are displayed on noticeboards.