

Year 10	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics Studied in Core Games	<p>Learners will be placed into a healthy lifestyle or a performance pathway. The performance pathway will continue to promote competitive sport. The healthy lifestyle pathway will encourage learners to adopt healthy approaches towards to their lifestyle.</p> <p style="text-align: center;">PE</p> <p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Netball</p>	<p>Learners will be placed into a healthy lifestyle or a performance pathway. The performance pathway will continue to promote competitive sport. The healthy lifestyle pathway will encourage learners to adopt healthy approaches towards to their lifestyle.</p> <p style="text-align: center;">PE</p> <p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Netball Basketball</p>	<p>Learners will be placed into a healthy lifestyle or a performance pathway. The performance pathway will continue to promote competitive sport. The healthy lifestyle pathway will encourage learners to adopt healthy approaches towards to their lifestyle.</p> <p style="text-align: center;">PE</p> <p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Cheerleading Boxing</p>	<p>Learners will be placed into a healthy lifestyle or a performance pathway. The performance pathway will continue to promote competitive sport. The healthy lifestyle pathway will encourage learners to adopt healthy approaches towards to their lifestyle.</p> <p style="text-align: center;">PE</p> <p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Cheerleading Boxing Fitness</p>	<p>Learners will be placed into a healthy lifestyle or a performance pathway. The performance pathway will continue to promote competitive sport. The healthy lifestyle pathway will encourage learners to adopt healthy approaches towards to their lifestyle.</p> <p style="text-align: center;">PE</p> <p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Athletics Cricket Rounders OAA</p>	<p>Learners will be placed into a healthy lifestyle or a performance pathway. The performance pathway will continue to promote competitive sport. The healthy lifestyle pathway will encourage learners to adopt healthy approaches towards to their lifestyle.</p> <p style="text-align: center;">PE</p> <p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Athletics Cricket Rounders</p>

<p>Basketball Football Dance Fitness</p> <p style="text-align: center;">SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will be able to lead one another in warm up and skills practices. They will develop their ability to communicate effectively to their teams. They will develop their knowledge of rules, strategies and tactics.</p> <p style="text-align: center;">HEALTH The healthy lifestyle pathway</p>	<p>Football Dance Fitness</p> <p style="text-align: center;">SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills practices. They will develop their ability to communicate effectively to their teams.</p>	<p>Fitness Handball Rugby</p> <p style="text-align: center;">SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills practices. They will develop their ability to communicate effectively to their teams.</p> <p style="text-align: center;">HEALTH</p>	<p>Handball Rugby</p> <p style="text-align: center;">SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills practices. They will develop their ability to communicate effectively to their teams.</p> <p style="text-align: center;">HEALTH</p>	<p style="text-align: center;">SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills practices. They will develop their ability to communicate effectively to their teams.</p> <p style="text-align: center;">HEALTH</p> <p>Increase physical health, improve concentration, improved mental health and well-</p>	<p>OAA</p> <p style="text-align: center;">SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills practices. They will develop their ability to communicate effectively to their teams.</p> <p style="text-align: center;">HEALTH</p> <p>Increase physical health, improve</p>
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	<p>will develop their knowledge of Increase physical health, improve concentration, improved mental health and well-being. Diet and nutrition. Developing self-discipline and stretching learners beyond perceived physical capabilities.</p> <p>Learners will develop their knowledge of A warmup/ cool down Reasons why we warm up and cool down Location and function of</p>	<p>HEALTH</p> <p>Increase physical health, improve concentration, improved mental health and well-being. Developing self-discipline and stretching learners beyond perceived physical capabilities.</p> <p>Learners will develop their knowledge of A warmup/ cool down Reasons why we warm up and cool down Location and function of muscles and bones Health and fitness</p>	<p>Increase physical health, improve concentration, improved mental health and well-being. Developing self-discipline and stretching learners beyond perceived physical capabilities.</p> <p>Learners will develop their knowledge of Training methods Safety/injuries water safety Lifestyle choices & Energy Balance Cardiovascular system</p> <p>CHARACTER</p> <p>Learners will use sport as a vehicle to develop their character qualities.</p>	<p>Increase physical health, improve concentration, improved mental health and well-being. Developing self-discipline and stretching learners beyond perceived physical capabilities.</p> <p>Learners will develop their knowledge of Training methods Safety/injuries water safety Lifestyle choices & Energy Balance Cardiovascular system</p> <p>CHARACTER</p> <p>Learners will use sport as a vehicle to develop their character qualities.</p>	<p>being. Developing self-discipline and stretching learners beyond perceived physical capabilities.</p> <p>Learners will develop their knowledge of Anaerobic and aerobic exercise Nutrition Training principles Overcoming barriers to participation</p> <p>CHARACTER</p> <p>Learners will use sport as a vehicle to develop their character qualities.</p>	<p>concentration, improved mental health and well-being. Developing self-discipline and stretching learners beyond perceived physical capabilities.</p> <p>Learners will develop their knowledge of Anaerobic and aerobic exercise Nutrition Training principles Overcoming barriers to participation</p> <p>CHARACTER</p> <p>Learners will use sport as a vehicle to develop their character qualities.</p>
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<p>Learners will be placed into</p> <p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Netball Basketball Football Dance Fitness</p> <p>SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will be able to lead one another in warm up and skills practices. They will develop their ability to communicate</p>	<p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Netball Basketball Football Dance Fitness</p> <p>SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills</p>	<p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Cheerleading Boxing Fitness Handball Rugby</p> <p>SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills practices. They will develop their</p>	<p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Cheerleading Boxing Fitness Handball Rugby</p> <p>SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills practices. They will develop their ability</p>	<p>Learners will develop Motor competence by improving fundamental movement skills through</p> <p>Athletics Cricket Rounders OAA</p> <p>SPORT</p> <p>Learners will be able to umpire and officiate individual and team sports. They will develop their knowledge of and ability to apply rules, strategies and tactics to contrasting sports. They will be able to lead one another in warm up and skills practices. They will develop their ability to communicate</p>	
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<p>Links for Support / Help at Home</p>	<p>Following of our WHS PE department Twitter for participation in sports challenges Building upon interests that form throughout the topics studied by practising more at home Joining local teams within a set sport(s) Ensuring correct kit is brought to school Use of YouTube tutorials for further practice on skills covered Participation within national competitions promoted by the PE Department via social media/posters Participating in enrichment opportunities and clubs at lunch and after school</p>					