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

Basketball	Football	Fitness	Handball		OAA
Football	Dance	Handball	Rugby	SPORT	
Dance	Fitness	Rugby		Learners will be	SPORT
Fitness			SPORT	able to umpire and	Learners will be
	SPORT	SPORT	Learners will be	officiate individual	able to umpire
SPORT Learners will be able to umpire and officiate	Learners will be able to umpire and officiate	Learners will be able to umpire and officiate	able to umpire and officiate individual and	and team sports. They will develop their knowledge of	and officiate individual and team sports.
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	and officiate individual and team sports. They will develop their knowledge	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	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	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	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
develop their knowledge of rules, strategies	another in warm up and skills practices. They will develop their	up and skills practices. They will develop their ability to	practices. They will develop their ability to communicate	teams. HEALTH	ability to communicate effectively to their
and tactics.	ability to communicate	communicate effectively to	effectively to their teams.	Increase physical health, improve	teams. HEALTH
The healthy lifestyle pathway	effectively to their teams.	their teams. HEALTH	HEALTH	concentration, improved mental health and well-	Increase physical health, improve

will develop their	HEALTH		Increase physical	being. Developing	concentration,
knowledge of		Increase physical	health, improve	self-discipline and	improved mental
Increase physical	Increase physical	health, improve	concentration,	stretching learners	health and well-
health, improve	health, improve	concentration,	improved mental	beyond perceived	being. Developing
concentration,	concentration,	improved mental	health and well-	physical	self-discipline and
improved	improved mental	health and well-	being. Developing	capabilities.	stretching learners
mental health	health and well-	being. Developing self-discipline and	self-discipline and		beyond perceived
and well-being.	being. Developing	stretching	stretching	Learners will	physical
Diet and	self-discipline and	learners beyond	learners beyond	develop their	capabilities.
nutrition.	stretching	perceived	perceived physical	knowledge of	
Developing self-	learners beyond	physical	capabilities.	Anaerobic and aerobic exercise	Learners will
discipline and	perceived	capabilities.		Nutrition	develop their
stretching	physical		Learners will	Training principles	knowledge of
learners beyond	capabilities.	Learners will	develop their	Overcoming	Anaerobic and
perceived		develop their	knowledge of	barriers to	aerobic exercise
physical	Learners will	knowledge of	Training methods		Nutrition
capabilities.	develop their	Training methods	Safety/injuries	participation	Training principles
	knowledge of	Safety/injuries	water safety	CHARACTER	Overcoming
Learners will	A warmup/ cool	water safety	Lifestyle choices &		barriers to
develop their	down	Lifestyle choices	Energy Balance	Learners will use	participation
knowledge of	Reasons why we	& Energy Balance	Cardiovascular	sport as a vehicle to	
A warmup/ cool	warm up and cool	Cardiovascular	system	develop their	CHARACTER
down	down	system		character qualities.	Learners will use
Reasons why we	Location and		CHARACTER		sport as a vehicle to
warm up and	function of	CHARACTER	Learners will use		develop their
cool down	muscles and	Learners will use	sport as a vehicle to		character qualities.
Location and	bones	sport as a vehicle	develop their		
function of	Health and fitness	to develop their	character qualities.		
		character qualities.			

	PE	PE	PE	PE	PE	
	pathway.	pathway.	pathway.	pathway.	pathway.	
Games	or a performance	performance	performance	performance	performance	
in Core	healthy lifestyle	healthy lifestyle or a	healthy lifestyle or a		lifestyle or a	Schooling
Studied	placed into a	placed into a	placed into a	placed into a healthy	placed into a healthy	schooling
Topics	Learners will be	Learners will be	Learners will be	Learners will be	Learners will be	End of
Year 11	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
nome		chment opportunities a	•	•	y posters	
at Home		orials for further practic		partment via social media	Inostors	
/ Help	-	is brought to school	a an akilla assus s			
Support	-	within a set sport(s)				
for		-	ut the topics studied by	y practising more at home		
Links	•	HS PE department Twitte	• •			
	qualities.					
	character					
	sport as a vehicle to develop their					
	Learners will use	character qualities.				
		to develop their				
	CHARACTER	sport as a vehicle				
		Learners will use				
	components					
	Fitness	CHARACTER				
	Short-term effects					
	fitness	components				
	Health and	Fitness				
	bones	effects				
	muscles and	Short-term				

Learners will be	Learners will	Learners will develop	Learners will develop	Learners will develop
placed into	develop Motor	Motor competence	Motor competence by	Motor competence by
Learners will	competence by	by improving	improving	improving
develop Motor	improving	fundamental	fundamental	fundamental
competence by	fundamental	movement skills	movement skills	movement skills
improving	movement skills	through	through	through
fundamental	through			
movement skills		Cheerleading	Cheerleading	Athletics
through	Netball	Boxing	Boxing	Cricket
	Basketball	Fitness	Fitness	Rounders
Netball	Football	Handball	Handball	OAA
Basketball	Dance	Rugby	Rugby	
Football	Fitness			SPORT
Dance		SPORT	SPORT	Learners will be able
Fitness	SPORT	Learners will be	Learners will be able	to umpire and
	Learners will be	able to umpire and	to umpire and	officiate individual
SPORT	able to umpire and	officiate individual	officiate individual	and team sports.
Learners will be	officiate individual	and team sports.	and team sports.	They will develop
able to umpire	and team sports.	They will develop	They will develop	their knowledge of
and officiate	They will develop	their knowledge of	their knowledge of	and ability to apply
individual and	their knowledge of	and ability to apply	and ability to apply	rules, strategies and
team sports.	and ability to apply	rules, strategies	rules, strategies and	tactics to contrasting
They will be able	rules, strategies	and tactics to	tactics to contrasting	sports.
to lead one	and tactics to	contrasting sports.	sports.	They will be able to
another in warm	contrasting sports.	They will be able to	They will be able to	lead one another in
up and skills	They will be able	lead one another in	lead one another in	
practices. They	to lead one			warm up and skills
will develop	another in warm	warm up and skills	warm up and skills	practices. They will
their ability to		practices. They will	practices. They will	develop their ability
communicate	up and skills	develop their	develop their ability	to communicate

effectively to	practices. They will	ability to	to communicate	effectively to their
their teams.	develop their	communicate	effectively to their	teams.
They will	ability to	effectively to their	teams.	
develop their	communicate	teams.		HEALTH
knowledge of	effectively to their		HEALTH	
rules, strategies	teams.	HEALTH		Increase physical
and tactics.			Increase physical	health, improve
	HEALTH	Increase physical	health, improve	concentration,
HEALTH		health, improve	concentration,	improved mental
	Increase physical	concentration,	improved mental	health and well- being. Developing
Increase physica		improved mental	health and well-	self-discipline and
health, improve	concentration,	health and well-	being. Developing	stretching learners
concentration, improved	improved mental	being. Developing	self-discipline and	beyond perceived
mental health	health and well-	self-discipline and	stretching learners	physical capabilities.
and well-being.	being. Developing	stretching learners	beyond perceived	Learners will
Developing self-	self-discipline and	beyond perceived	physical capabilities.	develop their
discipline and	stretching learners	physical	Learners will	knowledge of
stretching	beyond perceived	capabilities.	develop their	Anaerobic and
learners beyond	physical	Learners will	knowledge of	aerobic exercise
perceived	capabilities.	develop their	Training methods	Nutrition
physical	Learners will	knowledge of	Safety/injuries water	Training principles
capabilities.	develop their	Training methods	safety	Overcoming barriers
Learners will	knowledge of	Safety/injuries	Lifestyle choices &	to participation
develop their	A warmup/ cool	water safety	Energy Balance	CHARACTER
knowledge of	down	Lifestyle choices &	Cardiovascular	
A warmup/ cool	Reasons why we	Energy Balance	system	Learners will use sport
down	warm up and cool	Cardiovascular	CHARACTER	as a vehicle to develop
	down	system		their character
		CHARACTER		qualities.

	Reasons why we warm up and cool down Location and function of muscles and bones Health and fitness Short-term effects Fitness components CHARACTER Learners will use sport as a vehicle to develop their character qualities.	Location and function of muscles and bones Health and fitness Short-term effects Fitness components CHARACTER Learners will use sport as a vehicle to develop their character qualities.	Learners will use sport as a vehicle to develop their character qualities.	Learners will use sport as a vehicle to develop their character qualities.			
Links	Following of our WHS PE department Twitter for participation in sports challenges						
for Support	Building upon interests that form throughout the topics studied by practising more at home						
/ Help	Joining local teams within a set sport(s) Ensuring correct kit is brought to school						
at	-	-	e on skills covered				
	Use of YouTube tutorials for further practice on skills covered						
Home	Participation within national competitions promoted by the PE Department via social media/posters						
	Participating in enrichment opportunities and clubs at lunch and after school						