



Physical Education

Key Stage 4 Framework for Learning

Year 10 2017-2018: Successful Foundations

Syllabus:
Core PE

Autumn 1

<p>Knowledge</p>	<p>Netball – (Girls)</p> <ul style="list-style-type: none"> • Focus upon the ability to outwit opponents and teams using strategies and tactics. • Select and apply more advanced skills in different situations 1v1 and to influence a game. • Opportunities to referee/coach will develop communication and decision making skills • use information gained from analysis of performance to influence and improve play <p>Football – (Boys)</p> <ul style="list-style-type: none"> • should be able to recognise the importance of responding to changing situations within the game in attack and defence • combine and perform more advanced football skills consistently applying accuracy and higher quality of technique. • constantly faced with strategic and tactical decisions • focus on movement off the ball into space. • choice of skill execution
<p>Skills</p>	<p>Refine, develop, apply, create, evaluate, analyse technique/ skill performance. The skills will include passing, shooting, tackling, blocking, control, catching, pivoting, dribbling, running with the ball, turning with the ball, crossing, volleying.</p> <p>Students select and combine advanced skills, techniques and apply them accurately and appropriately in a variety of activities. They analyse and comment on techniques</p> <p>Official- will have the knowledge of the rules and methods of scoring and are able to implement them in a small-sided game/ full game.</p> <p>Leader- Will be able to lead a warm-up activity, small groups</p>
<p>Assessment</p>	<p>Assessment ongoing on level of effort and engagement</p>
<p>Cultural enrichment</p>	<p>Inter-competition for all years in rugby, football and netball Extensive Autumn Extra-curricular programme- Football (Boys & Girls) Basketball (KS4 Girls & Boys) Rugby Badminton (KS4 team) Netball Tennis Table Tennis Kick Boxing (boys & girls all years). Interschool Competition and fixtures: Boys & Girls Football League, Manchester and National Cup competition. Girls Netball League Competition Badminton Boys & Girls Competition Manchester Developing and Greater M/cr Emerging Schools Rugby Competitions (Year 10/11). High Achievers Track Cycling Coaching and Time trial competition (Year 7) Reward invitational trips and opportunities for outstanding conduct, excellent effort and IA completion. Star of the lesson, postcards, subject commendations, phone calls.</p>
<p>Character</p>	<p> QoS – Optimism</p>

Autumn 2

<p>Knowledge</p>	<p>Netball – (Girls)</p>
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Assessment	Assessment ongoing on level of effort and engagement
Cultural enrichment	<p>Inter-competition for all years in rugby, football and netball</p> <p>Extensive Autumn Extra-curricular programme- Football (Boys & Girls)</p> <p>Basketball (KS4 Girls & Boys)</p> <p>Rugby</p> <p>Badminton (KS4 team)</p> <p>Netball</p> <p>Tennis</p> <p>Table Tennis</p> <p>Kick Boxing (boys & girls all years).</p> <p>Interschool Competition and fixtures:</p> <p>Boys & Girls Football League, Manchester and National Cup competition.</p> <p>Girls Netball League Competition</p> <p>Badminton Boys & Girls Competition</p> <p>Manchester Developing and Greater M/cr Emerging Schools Rugby Competitions (Year 10/11).</p> <p>High Achievers Track Cycling Coaching and Time trial competition (Year 7)</p> <p>Reward invitational trips and opportunities for outstanding conduct, excellent effort and IA completion.</p> <p>Star of the lesson, postcards, subject commendations, phone calls.</p>
Character	 <p>QofS –_Empathy</p>

Spring 1

Knowledge	<p>Badminton (Boys & Girls)</p> <ul style="list-style-type: none"> • Identify different areas of the court and be able to move between these areas using a variety of shots. • Develop the ability to outwit opponents using strategies and tactics. • recognise the importance of responding to changing situations within the game in attack and defence. • Opportunities to score/coach pupils or small groups will develop communication and decision making skills. <p>Basketball –</p> <ul style="list-style-type: none"> • Selection and application of advance skills in passing around the back, at speed using outlet passing and fast break. • Combined with cross over dribbling, pivoting and give and go within their selection and application of skills. • Strategic and tactical decisions based on movement of the ball into space. • Opportunities to referee/coach pupils or small groups will develop communication and decision making skills. • Use information gained from analysis of performance to influence and improve them • Peer coaching, ‘what makes good’ questioning/demos & targeted questioning).
Skills	<p>Refine, develop, apply, create, evaluate, analyse technique/ skill performance. The skills will include passing, shooting, tackling, blocking, control, catching, pivoting, dribbling and performing the lay-up</p> <p>Basketball</p> <p>Badminton- Overhead clear, overhead drop shot, drop shot, smash, net kill, forearm clear, backhand clear.</p>



	<p>Students select and combine advanced skills, techniques and apply them accurately and appropriately in a variety of activities. They analyse and comment on techniques</p> <p>Official- will have the knowledge of the rules and methods of scoring and are able to implement them in a small-sided game/ full game.</p> <p>Leader- Will be able to lead a warm-up activity, small groups</p>
Assessment	Assessment ongoing on level of effort and engagement
Cultural enrichment	<p>Inter-competition for all years in rugby, football and netball</p> <p>Extensive Autumn Extra-curricular programme- Football (Boys & Girls)</p> <p>Basketball (KS4 Girls & Boys)</p> <p>Rugby</p> <p>Badminton (KS4 team)</p> <p>Netball</p> <p>Tennis</p> <p>Table Tennis</p> <p>Kick Boxing (boys & girls all years).</p> <p>Interschool Competition and fixtures:</p> <p>Boys & Girls Football League, Manchester and National Cup competition.</p> <p>Girls Netball League Competition</p> <p>Badminton Boys & Girls Competition</p> <p>Manchester Developing and Greater M/cr Emerging Schools Rugby Competitions (Year 10/11).</p> <p>Reward invitational trips and opportunities for outstanding conduct, excellent effort and IA completion.</p> <p>Star of the lesson, postcards, subject commendations, phone calls.</p>
Character	<div style="display: flex; align-items: center;">   <div style="margin-left: 20px;">QofS – Creativity & Curiosity</div> </div>

Spring 2

Knowledge	<p>Badminton (Boys & Girls)</p> <ul style="list-style-type: none"> Identify different areas of the court and be able to move between these areas using a variety of shots. Develop the ability to outwit opponents using strategies and tactics. recognise the importance of responding to changing situations within the game in attack and defence. Opportunities to score/coach pupils or small groups will develop communication and decision making skills. <p>Basketball –</p> <ul style="list-style-type: none"> Selection and application of advance skills in passing around the back, at speed using outlet passing and fast break. Combined with cross over dribbling, pivoting and give and go within their selection and application of skills. Strategic and tactical decisions based on movement of the ball into space. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills. Use information gained from analysis of performance to influence and improve them Peer coaching, ‘what makes good’ questioning/demos & targeted questioning).
Skills	<p>Refine, develop, apply, create, evaluate, analyse technique/ skill performance.</p> <p>The skills will include passing, shooting, tackling, blocking, control, catching, pivoting, dribbling and performing the lay-up</p> <p>Basketball</p> <p>Badminton- Overhead clear, overhead drop shot, drop shot, smash, net kill, forearm clear, backhand clear.</p> <p>Students select and combine advanced skills, techniques and apply them accurately and appropriately in a variety of activities. They analyse and comment on techniques</p> <p>Official- will have the knowledge of the rules and methods of scoring and are able to implement them in a small-sided game/ full game.</p> <p>Leader- Will be able to lead a warm-up activity, small groups</p>
Assessment	Assessment ongoing on level of effort and engagement
Cultural enrichment	<p>Inter-competition for all years in rugby, football and netball</p> <p>Extensive Autumn Extra-curricular programme- Football (Boys & Girls)</p> <p>Basketball (KS4 Girls & Boys)</p> <p>Rugby</p> <p>Badminton (KS4 team)</p> <p>Netball</p> <p>Tennis</p> <p>Table Tennis</p> <p>Kick Boxing (boys & girls all years).</p> <p>Interschool Competition and fixtures:</p> <p>Boys & Girls Football League, Manchester and National Cup competition.</p>



	<p>Girls Netball League Competition Badminton Boys & Girls Competition Manchester Developing and Greater M/cr Emerging Schools Rugby Competitions (Year 10/11). Reward invitational trips and opportunities for outstanding conduct, excellent effort and IA completion. Star of the lesson, postcards, subject commendations, phone calls.</p>
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Character	  <p>QoS – Responsibility & Reflection</p>
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Summer 1

Knowledge	<p>Rounders– (Girls)</p> <ul style="list-style-type: none"> Explore rounders using tactics to outwit opponents select key advanced skills in batting and bowling to execute past a precise fielding. Will learn to use basic principles of play when selecting and applying tactics for success Enhance advanced skills necessary to outwit opponents in batting, bowling and fielding. <p>Cricket/ Softball–(Boys)</p> <ul style="list-style-type: none"> Explore cricket or rounders using tactics to outwit opponents select key advanced skills in batting and bowling to execute past a precise fielding. Will learn to use basic principles of play when selecting and applying tactics for success Enhance advanced skills necessary to outwit opponents in batting, bowling and fielding.
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Skills	<p>Refine, develop, apply, create, evaluate, analyse technique/ skill performance. The skills will include long barrier, batting (front & back foot), retrieving, pick up, throwing, catching (above & below shoulder), base/wicket running. Students select and combine advanced skills, techniques and apply them accurately and appropriately in a variety of activities. They analyse and comment on techniques.</p> <p>Official- will have the knowledge of the rules and methods of scoring and are able to implement them in a small-sided game/ full game. Leader- Will be able to lead a warm-up activity, small groups</p>
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Assessment	Assessment ongoing on level of effort and engagement
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Cultural enrichment	<p>Inter-competition for all years in rugby, football and netball Extensive Autumn Extra-curricular programme- Badminton (KS4 team) Rounders Tennis Table Tennis Kick Boxing (boys & girls all years) Cricket. Interschool Competition and fixtures: Boys & Girls Football League, Manchester and Lancashire Cup competition. Girls Rounders League Competition Athletics Competition Manchester Developing and Greater M/cr Emerging Schools Rugby 7s Competitions (Year 10/11). Reward invitational trips and opportunities for outstanding conduct, excellent effort and IA completion. Star of the lesson, postcards, subject commendations, phone calls.</p>
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Character	  <p>QoS – Practice & Resiliency</p>
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Summer 2

Knowledge	<p>Rounders– (Girls)</p> <ul style="list-style-type: none"> Explore rounders using tactics to outwit opponents select key advanced skills in batting and bowling to execute past a precise fielding. Will learn to use basic principles of play when selecting and applying tactics for success
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Character	 <p>QofS – Motivation</p>