**Curriculum Overview for Core PE**

**Year 10**

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| **Half Term 1: Rotation of Sports****Substantive Knowledge:**Fitness:* Recall the core components of fitness, the training methods and the principles of training. A focus on training methods.

Basketball:* Types of pass
* Different types of shot
* Dribbling techniques
* Deception techniques
* Attack and defensive strategies

Table tennis:* Forehand drive
* Backhand drive
* Forehand smash
* Block
* Top spin
* Back spin
* Attack
* Defence

Alternative fitness:* HITT training
* Body pump
* Aerobics
* Adapted circuits
* Resistance training

**Disciplinary Knowledge:**Fitness: * Describing the advantages and disadvantages of the different training methods to different sports performers.
* Performing the different training methods, evaluating their effectiveness for different sports performer.

Basketball:* Pupils to perform skills within drills, conditioned games, small sided games/mini tournaments.
* Leadership opportunities
* Officiating
* Communication and teamwork
* Selection of pass to meet the demands of a game

Table Tennis:* Pupils to perform skills within drills, conditioned games, small sided games/mini tournaments.
* Leadership opportunities
* Officiating
* Communication and teamwork
* Selection of pass to meet the demands of a game

Alternative fitness:* Pupils to complete a range of different fitness sessions evaluating the pros and cons to each. Pupils should identify which types of training they prefer and which ones they would like to continue with in Year 11 and beyond.
 | Speech | Fitness:SpeedAgilityPowerCoordinationAerobic enduranceMuscular enduranceReaction timeFlexibilityMuscular strengthBalance |
| Speech | Basketball:AssistBlockFakeViolationDriveGuardingPersonal foulTurnover |
| Speech | Table Tennis:ForehandBackhandDrivePushBlockSpinTop spinBack spinVariationAccuracy |
| Speech | Alternative fitness:YogaStretchIntensityDemandFlexibilityDisciplineControlContraction |
| Checklist RTL | Pupils will be assessed throughout the unit based on their effort and attitude to learning.  |

Rugby:

* Rucking
* Mauling
* Defensive set up
* Kicking
* Attacking space
* Creating overloads
* Line out
* Scrummaging
* Passing incl. spin / miss / loop

Rugby:

Penetrate

Overload

Gate

Back foot

Binding

Tower of power

Jackling

Square

Second row

Body position

Lineout

Touch

Strategy

Attacking line

Defensive line

Present

Crouch / Bind / Set

Spiral

Drop kick

Grubber

Offside

Kinball:

* Hitting
* Striking
* Drop shots
* Spin, dip & swerve
* Setting defence
* Offense
* Kicking
* Two person control
* Diamond / square defence
* Catching

Kinball

Omnikin

Fault

Displacement

Trapping

Hit-in

Pass

Contact

Possession

Control

Dropped ball

Hit

Cell

Impulsion

* Trajectory

Rugby:

* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of pass to meet the demands of a game

Kinball:

* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork

Selection of skills and tactics to meet the demands of a game