**Curriculum Overview for Core PE**

**Year 10**

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| **Half Term 1: Rotation of Sports****Substantive Knowledge:**Badminton:* Footwork, speed and agility
* Forehand drive
* Smash shot
* Flick serve
* Singles tactics
* Doubles tactics - formation

Netball:-Attacking principles-Outwitting opponent-Defending around the ‘D’- Tactics from a centre pass-Advanced shooting techniques- Role of umpireFootball:* Team tactics – defence and attack.
* Use of width in attack – how to create width and switching of play
* Use of width and formation in defence to prevent attack using width
* Possession play – keeping and using possession to create space
* High press, sitting deep, man to man defence
* Counter attacking play – when and why to use it.

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

**Disciplinary Knowledge:**Badminton:* Pupils to perform skills within drills, conditioned games, singles and doubles matches.
* Leadership opportunities
* Officiating
* Communication and teamwork
* Experimenting with different shots in order to outwit the opposition.

Netball:* 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

Football:* 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

Rugby:* 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
 | Speech | Badminton:Back courtFront courtNet shotLiftSmashPowerAnglesTimeSpeedAgilityOutwit |
| Speech | Netball:Centre courtAttackAccuracyOutwitPossessionAgilitySpeedRunning footworkIntercept SwitchOffsideContactDistance  |
| Speech | Football:WidthPressCounter attackSpeedPossessionSwitchLofted passOutwitVisionAccuracyConsistency |
| Speech | Rugby:PenetrateOverloadGateBack footBindingTower of powerJacklingSquareSecond rowBody positionLineoutTouchStrategyAttacking lineDefensive linePresentCrouch / Bind / SetSpiralDrop kickGrubberOffside |
| 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