**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 umpire  Football:   * 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 court  Front court  Net shot  Lift  Smash  Power  Angles  Time  Speed  Agility  Outwit |
| Speech | Netball:  Centre court  Attack  Accuracy  Outwit  Possession  Agility  Speed  Running footwork  Intercept  Switch  Offside  Contact  Distance |
| Speech | Football:  Width  Press  Counter attack  Speed  Possession  Switch  Lofted pass  Outwit  Vision  Accuracy  Consistency |
| Speech | 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 |
| 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