



Curriculum Overview for Core PE Year 10

Half Term 2: Rotation of Sports Substantive Knowledge: Basketball: - Types of passes - Lay up - Dribbling techniques - What is the triple threat? - What is double dribble? - What is travel? - What is a rebound? - How to dribble the ball. - Understanding the concept of space - What is a set shot? - How to officiate? - How to use weaker hand in a lay up? Table tennis: - Grip - Stance/ready position - What is a forehand push? - What is a backhand push? - How to serve. - What is a rally? - What is a Forehand Drive? - Attacking and defensive shots. - Difference between singles and doubles - What is a backhand slice? - What is depth of shot? - What is top, side and back spin? - What are tactics? Disciplinary Knowledge: 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, single/paired sided games/mini tournaments. - Leadership opportunities	 Basketball: Chest pass Bounce pass Shoulder pass Lay up Triple Threat Drive Guarding Personal foul Turnover Travel Rebound Dribble Space Set shot Officiate	 Table Tennis: Rally Forehand Backhand Push Drive Variation Accuracy Serve Attack Defence Singles/doubles Backhand slice Depth Top, side and back spin Tactics	 Pupils will be assessed throughout the unit based on their effort and attitude to learning. A formal assessment will be completed at the end of the unit.
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