

Year 10 Curriculum Map

Topic	Invasion	Gymnastic	Net/Wall	Striking and Fielding
Sport/Activity	Football, rugby, netball, hockey, basketball.	Gymnastics, dance and trampolining.	Badminton, tennis, table tennis, volleyball .	Rounders, cricket, softball
Students will have developed skills and knowledge throughout KS3 and will adapt and apply these skills to wider game situations during year 10.				
Key knowledge	Students will show awareness of passing. Students will show understanding of beating an opposition. Students will demonstrate knowledge of keeping possession. Students will show awareness of defending principles. Students will show awareness of attacking principles. Students will show understanding of spatial awareness. Students will improve their knowledge, understanding and execution of regaining possession. Basic body actions, such as jumping turning, twisting.	Students will be able to perform more challenging skills such as balances, front and back landings and link them together with control in longer routines, using their own choreography. Students will show knowledge of the principles of choreography in their routines and apply them effectively. Students will show better understanding of spatial awareness in relation to their own body and partner's. Students will be prepared to perform their work in front of others and comment on others' work. Students will recognise what makes a good performance and be able to articulate the strengths and areas to improve in a routine.	Students will demonstrate correct grip and stance. Students will demonstrate knowledge of court markings. Students will develop their spatial awareness to help make tactical decisions in a conditioned/competitive game. Students will be able to develop a rally to demonstrate key skills (e.g. set, clear, backhand push, forehand drive). Learn and apply the rules in a game. Develop correct technique of skills needed to beat an opponent in a game. Volleyball – set, dig and serve. Tennis – backhand & forehand drive and serve. Table tennis – backhand push, forehand and serve. Badminton – serve, clear, drop and smash.	Students will show awareness of basic fielding skills in all activities covered. Basic batting skills. Develop techniques and build on previous knowledge. Catching and throwing skills. Using a range of skills to throw and catch. Throwing over a range of distances. Catching a ball from a variety of heights and speed. Basic bowling skills and develop the over arm bowling technique for cricket. Students will show understanding of how to win the match. Students will demonstrate knowledge of setting the field to win the game and reduce the run rate of the opponents. Students will show awareness of diverse ways to win the game such as: different areas to strike the ball; where to place fielders; deep throws/ short throws; effective backstop/wicket keeping. Variety of bowling/ fielding techniques such as long barrier. The complexities involved in the game to reduce the opportunity for the opponent to get runs/ rounders.
Skills	Ball possession Passing Shooting Spatial awareness Footwork Defending principles Attacking principles Officiating Analysis of performance Evaluation Self and peer assessment	Landings Shapes Balances Travel Choreography Performance Evaluation – self and peer assessment	Serve (short/long) Clear Drop Smash Dig Set Spike Drive Push Backhand Forehand Back spin Top spin	Batting Bowling Throwing Catching Fielding techniques Backstop/wicket keeping Evaluation-self and peer assessment
Key Vocabulary	Communication Captain Leadership Kick off/Tip off Offside By line Throw in Pitch Passing Ball possession Shooting Footwork Defending Attacking Officiating Scoring Conditioned games Teamwork	Body tension Twist Choreography Evaluate Height Direction Travel Balance Landing Mirror Canon	Rally Backhand Forehand Backspin/topspin Position Officials Footwork Power Speed Reaction Time Balance Coordination Accuracy Direction Placement Execution Height Weight distribution	Contact Drive Follow through Direction Placement Pitch Speed Power Rotation Soften Reduce speed Aim Accuracy
End Point	Summative assessment of game play and use of skills in both conditioned and competitivesituations within invasion games.	Summative assessment of dance/gymnastic performance, composition and evaluation	Summative assessment of game play and use of skills and the appropriate shot selection in a singles game.	Summative assessment of batting and fielding basic skills. Interform competition participation. Winning a game.

Year 10 Curriculum Map

Topic	Athletics	Target	Fitness		
Sport/Activity	High jump, triple jump, long jump, shot putt, discus, 100m, 400m, 1500m, 4x100m relay.	Golf	Circuits, fitness testing, aerobics, exercise programme, speed/power/strength training.		
Students will have developed skills and knowledge throughout KS3 and will adapt and apply these skills to wider game situations during year 10.					
Key knowledge	Students will be shown how to warm-up appropriately for each athletic activity to prevent injury. Students will be made aware of the health and safety implications for each athletic activity. Students will be able to perform jumps with explosive power to increase their height or distance. Students will demonstrate the ability to increase their height or distance by counting paces or alternating their speed of approach. Students will be able to perform throws with explosive power to increase the distance. Students will develop understanding of momentum and how this can impact their throwing ability. Students will start to take steps before throwing to increase distance. Students will learn how to start and athletics race from a starting position. Students will learn about pacing in long distance running and how this can impact oxygen or energy levels. Students will consider their stride length and the impacts on their ability to cover a large distance when running. Students will learn about travelling with the baton and how to maintain the momentum when exchanging.	Know how to hold the club. Know how to aim a shot to hit for a particular target. Know how to alter how far you are hitting. Understand the difference between chipping, pitching and driving and putting. Understand how obstacles can affect the type of shot you have to play. Understand the concept of backswing and follow through and how both can affect the accuracy of your shot.	Students will be able to take their heart rates and understand what impact exercise has on this as well as an awareness of heart rate zones. Students will learn how to warm up and cool down and understand why we do both. Students will learn about the short term and long term effects of exercise on the body and mind. Students will have some exposure to different training methods and what results each can provide. Students will be able to identify the key muscle groups and have a basic understanding of the respiratory and cardiovascular system.		
Skills	Throwing Jumping Running (Sprinting) Running (Long Distance) Breathing techniques Coaching Evaluation – self and peer assessment	Swing Follow through Chip Pitch Putt Drive	Ability to warm up and cool down effectively. Measuring pulse and heart rate. Identifying muscle groups. Recognise key training methods and their purpose. Effectively and independently use the equipment in the fitness suite. Create a bodyweight circuit. Ability to self assess effort and performance.		
Key Vocabulary	Explosive Power Speed Distance Oxygen Breathing Exertion Height	Instruction Order Pacing Paces Weight Angle Momentum	Power Direction Distance Pitch Putt Drive Chip Green Tee Fairway	Aerobic Anaerobic Heart rate Cardiovascular Respiratory Reps and sets Intervals Recovery Endurance Intensity	Warm up Cool down Contraction Resistance Exertion Exhaustion Rest Motivation
End Point	Summative assessment of running, jumping and throwing technique through observation.	Summative assessment of different types of planning for and using different types of shot for a given scenario.	Summative assessment of warm up training zones, the effects of exercise on mental and physical well-being.		



AMBITION RESILIENCE COURTESY KINDNESS



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