

		Physical Education YEAR 10 CURRICULUM INFORMATION - Summer 1 <i>'Actively participating in competitive sports and other physically demanding activities to encourage lifelong participation'.</i>		
What will students be learning?	Girls 1, 2 and 3.		Boys 1 and 2.	
	Athletics			
	To know (Building new knowledge)	To understand (Y11 – verbalise)	To be able to do (Performance)	
	<p>-Students will know how to perform a variety of track and field events. They will be able to coach and lead on activities, where they will analyse their own and their peers' performances and give feedback on how to improve.</p> <p>-Students will know what a technical model for each event looks like and be able to suggest how this leads to an effective performance.</p> <p>-Students will know decision making and tactical awareness for all events.</p> <p>- To know how the body systems are affected short term.</p>	<p>- Students will understand how to coach each other, give live feedback and use this to improve performance.</p> <p>-Students will understand what 'the perfect model' looks like and be able to verbalise how this leads to an effective performance.</p> <p>-Students will understand decisions and tactics for specific running events such as pre-race tactics, positioning, when to lead, when to follow and how to dip for the finish line.</p> <p>-Students will understand decisions and tactics for specific jumping events such as hitting the appropriate speed for take-off, efficiency between technical phases of movement, flight path and how to land effectively.</p> <p>-Students will understand decisions and tactics for specific throwing events- travel phase, use of cross step, angle of release, efficiency of transitional phase between movement and the throwing phase.</p> <p>-Students will have an awareness of the rules, regulations, commands and signals for each event.</p>	<p>Students will be able to coach, lead and give live feedback during lessons.</p> <p>-Students will be able to analyse their own and other's performance and create ways to improve.</p> <p>-Students will be able to use a variety of decision making and tactical awareness techniques to improve their performance.</p> <p>-Students will be able to use the rules and where necessary the commands and signals for events.</p>	
How will students be assessed?	Students who have opted for the GCSE Physical Education and BTEC Sport route, will be continually assessed in core PE lessons against the exam boards' criteria. All student's will be assessed on their effort in line with our key stage 4 rational of 'actively participating in competitive sports and other physically demanding activities to encourage lifelong participation'.			
Literacy – What keywords will be taught?	Acceleration, aerobic, anaerobic, angle of release, baton, cadence, coordination, dip, discus, drive, efficient, flexibility, scissor kick / Fosbie Flop, javelin, Shot putt, long jump, triple jump, optimum release, pacing, rules, decision making, tactical awareness, Keywords that link to GCSE- Effects of exercise- muscle temperature, lactic acid production, blood redistribution, heart rate, stroke volume, cardiac output, respiratory rate, tidal volume, minute ventilation rules, <u>ALL</u> terminology of skills/ events.			
What employability skills are being developed?	<ul style="list-style-type: none"> • Health and safety • Perseverance • Teamwork • Leadership • Time management • Competition and sportsmanship • Handling pressure • Management and responsibility • Commitment • Observation skills • Officiating and leadership opportunities • Performance analysis opportunities • Verbalising and feedback opportunities 			
Wider Curriculum Links?	<ul style="list-style-type: none"> • Maths- Data, results • Literacy (key words) • Citizenship (sportsmanship & cooperation) • Science (healthy lifestyle active lifestyle and effects of exercise) 			
What useful websites are there for this topic?	OCR GCSE (9-1) Physical Education J587 Guide to Non-exam Assessment (NEA) - Version 4.6 English Schools' Athletic Association (esaa.org.uk) Find a Club - England Athletics Royal Sutton Coldfield AC – Home of Royal Sutton Coldfield Athletics Club at Wyndley (rscac.co.uk) The UK's Premier Athletics Club - Birchfield Harriers			

Community Links

What else can students be doing independently to develop their understanding of this topic?

Extra-curricular

- Extra-curricular clubs and fixtures are available after school (please see extra-curricular programme or ask a member of the PE team).
- GCSE students have access to intervention sessions to help develop their core and advance skills, decision making and tactical awareness.

House Sport

- Students can participate competitively in our annual 'House Athletics Day'.

Community

- Various clubs for all ages and ability are available within the local area.