**GYMNASTICS- Group work** 

Floor and apparatus

Year 10 students have two core PE lessons per week. One lesson is a directed activity.

In the second lesson, students choose from a selection of sports: Dance, basketball, table tennis, football, badminton, handball, fitness room, Pilates, archery, cricket, fireball

Skill development:

- Hand eye co-ordination
- Catching skills
- Throwing skills
- Attacking and defending skills
- Lay up
- Set shot
- Rules

**AUTUMN TERM** 





- Group balances
- Body control
- Counter balance
- Counter tension
- Jumping
- Rolling

**VOLLEYBALL** 

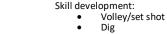
- Inversion
- cartwheeling
- Sequence building





- Throwing skills
- Catching skills
- Spatial awareness
- Agility
- Basic attacking and defending
- kicking

**SPRING** 



- Serve
- Block
- Spike
- Rules and tactics

**FOOTBALL** 

Students will learn different training methods:

- Circuit training
- Strength and conditioning
- Boxing

**TAG RUGBY** 

Yoga/Pilates



**TERM** 

**SUMMER TERM** 

Skill development:

**NETBALL** 

- Dribbling
- Passing
- Control
- Attacking/ defending
- Rules and tactics

**FITNESS** 

**ROUNDERS** 



Skill development:

Field events

**CRICKET** 

- Throwing -Shot put, Javelin,
- Jumping- Standing long jump, Standing triple jump



Skill development

- Forehand
- Backhand
- Volley
- Serve
- Basic rules and tactics

Skill development:

- Throwing
- Catching
- Bowling
- Batting
- Fielding
- **Tactics**

Skill development:

- Track events
- Sprint
- Middle distance
- Sprint starts
- Hurdles
- Relay



social skills

 Comment and evaluate performances

All activities enforce:

**Health and fitness** · Long term effects of exercise on the body Plan exercises to develop

fitness components

Problem solving and

Work collaboratively

- Compare performances
- Identifying faults in technique

## **Skill Development**

• Refine skills learned in Year 7,8 and 9



- Catching
- **Batting**
- Fielding Wicket keeping





**TENNIS** 







