

Now that the revised curriculum has been taught, please consider the Implementation and Impact of the curriculum you taught.
What changes might need to be made to the Curriculum Intent (See Curriculum Map and Overviews) in light of this year's experiences?

Year 10 Overview 2025-26 – PE

Date	Wk	Week	Units Studied & Learning Outcomes				Key Concepts & Assessment														
8 weeks (8 Lessons) (38Days)																					
		10x	GCSE	Girls	Boys	Mixed	•														
		10Y	GCSE	Girls	Boys	Mixed	•														
Tues 2-Sep Tues Y7 only Wednesday- whole school	A	1	Skills Dev	Skills Dev	Skills Dev	Skills Dev	One lesson per week														
8-Sep	B	2	Netball	Hockey	Footb all	Table Tennis	<table><tr><th>Prior (Y9)</th><th>Current (Y10)</th><th>Next (Y11)</th></tr><tr><td>Utilising strategies and tactics via effective skill application.</td><td>Officiating within matches</td><td>Officiating within matches</td></tr><tr><td>Medium sized games for understanding.</td><td>Full sided games for understanding</td><td>Full sided games for understanding</td></tr><tr><td></td><td></td><td>Minor games</td></tr></table>			Prior (Y9)	Current (Y10)	Next (Y11)	Utilising strategies and tactics via effective skill application.	Officiating within matches	Officiating within matches	Medium sized games for understanding.	Full sided games for understanding	Full sided games for understanding			Minor games
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Medium sized games for understanding.	Full sided games for understanding	Full sided games for understanding																			
		Minor games																			
15-Sep (INSET Friday)	A	3	Netball	Hockey	Footb all	Table Tennis															
22-Sep	B	4	Fitness	Footbal I	Table Tennis	Netball															
29-Sep	A	5	Continu ous training /XC	Footbal I	Table Tennis	Continu ous training/ XC															
6-Oct	B	6	Footbal I	Table Tennis	Netball	Hockey															
13-Oct	A	7	Footbal I	Table Tennis	Netball	Hockey															
20-Oct	B	8	Table Tennis	Netball	Hocke y	Football															

Foundational Concepts

- Tactics and strategy, mental and physical well being, health and safety, reflective analysis, leadership, competitive opportunities.

Tier 2/3 Vocabulary

- Spin, stance, scanning, vision, coordination, speed, power, extension and flexion, front barrier, long barrier.
- Rotation, summersault, flexion, extension, abduction, adduction, power, focus, dynamic balance, transition, control, fluidity, movement
- Authority, control, management, consistency, understanding.
- Choreography, Levels, travel, formations, coordination, flexibility, posture, control, timing, rhythm, cannon, unison.
- Rotation, consistency, communication, hand signals, let,
- Spin, transfer, power, release, flexibility, drive, execution, competitive, trajectory, acceleration, technique, changeover, pacing, timing, reaction time, coordination, speed, muscular endurance, cardiovascular endurance.

How will it link to history, culture, authentic artefacts, music, art, literature?

- It wasn't until the 1840s that players and organisers sought a clarification of the rules of the sport, so it's interesting that reference to a referee was made in a match report from a Rochdale game in 1842. Having said all of that, these 'referees' didn't operate in quite the same way as we understand the role today.
- The game was invented in England in the early days of the 20th century and was originally called Ping-Pong, a trade name. The name **table tennis** was adopted in 1921–22 when the old Ping-Pong Association formed in 1902 was revived. The origins of the game can be traced to a 12th–13th-century French handball game called jeu de paume ("game of the palm"), from which was derived a complex indoor racket-and-ball game: real **tennis**.
- Dance** is a series of support skills and fitness options that enhance every other activity a person will do. For example, spatial awareness and movement development are necessary in every sport an "elite athlete" will participate in. First archaeological proof of **dance** comes from the 9 thousand year old cave paintings in India. One of the earliest uses of structured **dance** was introduced in religious ceremonies that told the stories of ancient myths and gods. Egyptian priests used this kind of visual storytelling in their rituals.
- Trampolining was created in the early 1930s, George Nissen observed trapeze artistes performing tricks when bouncing off the safety net. He made the first modern trampoline in his garage to reproduce this on a smaller scale and used it to help with his diving and tumbling activities.
- The sport of cricket has a known history beginning in the late 16th century. Having originated in south-east England, it became the country's national sport in the 18th century and has developed globally in the 19th and 20th centuries. International matches have been

played since 1844 and Test cricket began, retrospectively recognised, in 1877. Cricket is the world's second most popular spectator sport after association football (soccer). Governance is by the International Cricket Council (ICC) which has over one hundred countries and territories in membership although only twelve currently play Test cricket.

- Athletic contests in running, walking, jumping and throwing are among the oldest of all sports and their roots are prehistoric. Athletics events were depicted in the Ancient Egyptian tombs in Saqqara, with illustrations of running at the Heb Sed festival and high jumping appearing in tombs from as early as of 2250 BC.

Where has Equality Diversity and Inclusion (EDI) been included for teaching the curriculum?

- All students will be given the same opportunity to partake in all sports.
- Promotion of sporting stars that are having a positive effect in Sport at present e.g Raheem Stirling (anti racism campaigns). Nicola Adams (OBE) within boxing, Gareth Thomas (Wales Rugby Union, British Lions Rugby Union) and Elinor Snowsill (Wales Rugby Union) who are all strong advocates of LGBT+ community in sport.
- Promotion of sporting stars that are having a positive effect in promoting LGBT+ in Table tennis at present e.g **Kelly Sibley** (born 21 May 1988) is a former professional table tennis player and current coach from England. Sibley won the singles, girls doubles and mixed doubles at the UK Junior Championships and has represented England at senior level at the Commonwealth Games, European Championships and World Championships. Sibley married her wife Laura in April 2017.
- Miley Cyrus may be in a happy relationship with Hollywood star Liam Hemsworth, but the Malibu singer is a proud and outspoken member of the LGBTQ+ community.

Careers links

- All sports can be linked to careers as performers, officials or volunteers.
- The PE corridor has a board linking PE to specific carers in sport and students are signposted here.
- Careers day in school and careers evening.
- DofE and Careers visits to colleges to look at PE courses

Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.)

- Students PE time in Year 10/11 is reduced to one hour a week and there is a shift in emphasis on the delivery in KS4. Students are offered a wider variety of activities to help students to establish activities that they enjoy whilst in school but also after leaving school and into their adult lives. There is a strong focus on reducing the effects of exam pressures and providing students with methods to reduce their anxiety and stresses through engaging activities.

Half-Term							7 weeks (7 lessons) (35 Days)
3-Nov	A	9	Table Tennis	Netball	Hockey	Football	<i>Mens health awareness month/disability confident month</i> <i>Diwali</i> <i>Remembrance Sunday</i> <i>Transgender awareness week</i> <i>World Diabetes Day</i> <i>World AIDS day</i> <i>Christmas Day</i> Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.) Please Highlight the week number where formal feedback will be given (once per half term)
10-Nov	B	10	Handball	Fitness	Basketball	Rugby	
17-Nov	A	11	Handball	Fitness	Basketball	Rugby	
24-Nov	B	12	Rugby	Handball	Fitness	Basketball	
1-Dec	A	13	Rugby	Handball	Fitness	Basketball	
8-Dec	B	14	Fitness	Basketball	Rugby	Handball	
15-Dec	A	15	Fitness	Basketball	Rugby	Handball	
Christmas Holiday							6 weeks (6 lessons) (30 Days)
5-Jan	B	16	Trampolining	Sports Leaders	Orienteering	Football	<ul style="list-style-type: none"> • Foundational Concepts • Tier 2/3 Vocabulary • Links to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts, music, art(ists), literature? • Careers links • Equality Diversity and Inclusion (EDI) links? <i>LGBT+ History month</i>
12-Jan	A	17	Trampolining	Sports Leaders	Orienteering	Football	
19-Jan	B	18	Football/Netball	Trampolining	Sports Leaders	Orienteering	
26-Jan	A	19	Football/netball	Trampolining	Sports Leaders	Orienteering	
2-Feb	B	20	Orienteering	Football	Trampolining	Sports Leaders	

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9-Feb	A	21	Orienteering	Football	Trampolining	Sports Leaders	<i>Holocaust memorial day</i> <i>World Hijab Day</i> <i>Children's mental health week.</i> <i>Safer internet day</i> <i>Chinese New Year</i> Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.) Please Highlight the week number where formal feedback will be given (once per half term)
Half-Term 6 weeks (6 lessons) (28 Days)							
23-Feb	B	22	Sports Leaders	Orienteering	Football	Trampolining	<ul style="list-style-type: none">Foundational ConceptsTier 2/3 VocabularyLinks to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts, music, art(ists), literature?Careers linksEquality Diversity and Inclusion (EDI) links? <i>Women's history month</i> <i>Ramadhan begins</i> <i>World Down Syndrome day</i> <i>Transgender day of visibility</i> Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.) Please Highlight the week number where formal feedback will be given (once per half term)
2-Mar	A	23	Sports Leaders	Orienteering	Football	Trampolining	
9-Mar	B	24	Trampolining	Netball	Fitness	Handball	
16-Mar	A	25	Trampolining	Netball	Fitness	Handball	
23-Mar	B	26	Handball	Trampolining	Basketball (courts)	Fitness	
30-Mar (finish Wednesday 1 st April)	A	ST1	Handball	Trampolining	Basketball (courts)	Fitness	
Easter Holiday 5 weeks (5 lessons) (24 Days)							
20-Apr	B	ST1	Athletics	Athletics	Athletics	Tennis	<ul style="list-style-type: none">Foundational ConceptsTier 2/3 VocabularyLinks to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts, music, art(ists), literature?Careers linksEquality Diversity and Inclusion (EDI) links? <i>Good Friday</i> <i>Easter Sunday</i> <i>Autism and stress awareness month.</i> <i>World Malaria Day</i> <i>Lesbian visibility day</i> <i>UK national walking month.</i> <i>Deaf awareness week</i> Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.) Please Highlight the week number where formal feedback will be given (once per half term)
27-Apr	A	29	Athletics	Athletics	Athletics	Tennis	
4-May (Bank holiday Mon)	B	30	Athletics	Athletics	Tennis	Athletics	
11-May	A	31	Athletics	Athletics	Tennis	Athletics	
18-May	B	32	Athletics	Tennis	Athletics	Athletics	
Half-Term 7 weeks (7 lessons) (35 Days)							
1-Jun	A	33	Athletics	Tennis	Athletics	Athletics	<ul style="list-style-type: none">Foundational ConceptsTier 2/3 VocabularyLinks to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts, music, art(ists), literature?Careers links
9-Jun	B	34	Tennis	Striking and fielding	Striking and fielding	Striking and fielding	
16-Jun	A	35	Tennis	Striking and fielding	Striking and fielding	Striking and fielding	

23-Jun	B	36	Striking & fielding – Sports day prep	Striking & fielding – Sports day prep	Striking & fielding – Sports day prep	Striking & fielding – Sports day prep	<ul style="list-style-type: none">• Equality Diversity and Inclusion (EDI) links? <i>LGBTQ+ pride month.</i> <i>Gypsy, Roma and Traveller history month.</i> <i>world day against child labour</i> <i>autistic pride day</i> <i>World refugee day</i> Assessment (Quiz/Tests/application tasks/ ST: Including foundational concepts, wider disciplinary knowledge, key content.) Please Highlight the week number where formal feedback will be given (once per half term)
30-Jun	A	37*	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding	
7-Jul	B	38*	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding	
14-Jul	A	39*	Striking and fielding	Striking and fielding	Striking and fielding	Striking and fielding	
(Total: 190 Days)							

*Weeks 37-39 are likely to be impacted by college visits, year rewards trip, sports day and work experience week.

Prompt Questions

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Please revisit the prompts from last year:

- What are the Key concepts for this unit?
- How will it link to wider disciplinary knowledge/cultural capital: history, culture, authentic artefacts, music, art, literature?
- How does it build on prior knowledge and link to other units, concepts, years, GCSE?
- What is it intended students will have learned?
- For each Unit? By the end of the Year?
 - GW: ; BI: ; EW
- Is it worth summarising in a knowledge organiser?
- **Assessment: how do you know they have learned the foundational concepts, curriculum and wider disciplinary knowledge? Does assessment look like GCSE light? Should it?**
- Skills used/learned
- Tier 2/3 vocabulary ((Etymology e.g. of Greek/Latin)
- How will you assess students understanding?
- How will written feedback be given?
- How can lessons be adapted?