



Core Physical Education Overview – Year 10

Students at WSS participate in four hours of physical education over two weeks.			
	Autumn	Spring	Summer
Topic(s)	Pathway 1: Football and Basketball Pathway 2: Badminton and Table Tennis Pathway 3: Trampolining and Health Related Fitness	Pathway 1: Dodgeball and Hockey Pathway 2: Benchball and Volleyball Pathway 3: Badminton and Table Tennis	Pathway 1: Athletics and Softball Pathway 2: Foot Tennis and Short Tennis Pathway 3: Workout class and Rounders
Topic Objectives	Know, understand and demonstrate the rules and regulations. Know, understand and demonstrate nonverbal and verbal communication strategies to solve problems both in individual and team sports.	Identify, understand and apply a variety of tactics that gain a competitive advantage over opponents in individual and team sports. Know, understand and demonstrate ways to adapt activities within a lesson to ensure participants are happy and engaged.	Know, understand and link activities to health benefits, social, mental & physical and how they can develop these. Identify and understand the strengths and weakness of others performance, linking feedback to skill components as positive as possible.
Acquired Knowledge/Skills	<p>Knowledge and skills: Football and Basketball</p> <ul style="list-style-type: none"> Understanding rules Roles and responsibilities within team formations. Principles of attacking and defending (width, depth, support). Effective communication and decision-making in gameplay. How fitness components impact performance. <p>Knowledge and skills: Badminton and Table Tennis</p> <ul style="list-style-type: none"> Scoring system and court/ table boundaries for singles and doubles. Shot selection and purpose Serving rules and correct service technique. Tactical positioning and movement Equipment knowledge <p>Knowledge and skills Trampolining</p> <ul style="list-style-type: none"> Safety rules and correct use of the trampoline. Technical understanding of basic shapes. 	<p>Knowledge and skills: Dodgeball</p> <ul style="list-style-type: none"> Understanding rules (throwing, catching, blocking, out system). Knowledge of safe dodging, throwing, and blocking techniques. Tactical awareness: spacing, timing, communication, and team strategies. <p>Knowledge and skills: Hockey</p> <ul style="list-style-type: none"> Knowledge of dribbling, passing, receiving, shooting, and tackling techniques. Understanding of rules, positions, and basic formations. Tactical awareness: attacking width, defensive support, and movement off the ball. <p>Knowledge and skills: Benchball</p> <ul style="list-style-type: none"> Understanding of passing, moving into space, and team communication. Knowledge of rules, scoring, and safe participation. Awareness of simple attacking and defending strategies. 	<p>Knowledge and skills: Athletics</p> <ul style="list-style-type: none"> Understanding of running, jumping, and throwing techniques. Knowledge of pacing, take-off mechanics, and throwing safety. Awareness of how to analyse performance to identify strengths and areas for improvement. <p>Knowledge and skills: Softball and Rounders</p> <ul style="list-style-type: none"> Knowledge of batting, fielding, and pitching/ bowling techniques. Understanding of game rules, positions, and tactical decision-making. Awareness of teamwork, communication, and rotational fielding systems. <p>Knowledge and skills: Foot Tennis and Short Tennis</p> <ul style="list-style-type: none"> Understanding of serving, volleying, controlling, and directing the ball with feet/ racquet Knowledge of court positioning, movement patterns, and tactical play. Rules relating to scoring, boundaries, and legal touches (singles and doubles.)

	<ul style="list-style-type: none"> • Body control, balance, and spatial awareness in flight. • How to link skills smoothly into sequences. • Understanding progressions for more advanced moves (twists, somersaults) 	<p>Knowledge and skills: Volleyball</p> <ul style="list-style-type: none"> • Knowledge of serving, digging, setting, spiking, and blocking techniques. • Understanding of rotations, court positions, and rally scoring. • Tactical awareness: shot placement, teamwork, and coordinated movement. <p>Knowledge and skills: Badminton</p> <ul style="list-style-type: none"> • Knowledge of forehand/backhand shots, serves, clears, drops, and smashes. • Understanding court boundaries, scoring, and singles/doubles tactics. • Awareness of positioning, footwork, and shot selection. <p>Knowledge and skills: Hockey</p> <ul style="list-style-type: none"> • Knowledge of grip, stance, forehand/backhand drives, pushes, and serves. • Understanding of spin, ball placement, and scoring rules. • Tactical decision-making: shot variation, movement, and rally strategy. 	<p>Understanding of shot selection, court awareness, and simple tactics.</p> <p>Knowledge and skills: Workout Class</p> <ul style="list-style-type: none"> • Understanding of fitness components (strength, cardio, flexibility). • Safe technique for bodyweight and resistance exercises. • Knowledge of how to structure a workout and monitor exercise intensity.
Assessments	<p>Students are assessed on their attitude to learning:</p> <p>1: Always brings kit, participates fully, and leads others.</p> <p>2: Usually brings kit and participates well.</p> <p>3: Sometimes forgets kit and occasionally refuses to take part.</p> <p>4: Rarely brings kit and does not participate.</p>	<p>Students are assessed on their attitude to learning:</p> <p>1: Always brings kit, participates fully, and leads others.</p> <p>2: Usually brings kit and participates well.</p> <p>3: Sometimes forgets kit and occasionally refuses to take part.</p> <p>4: Rarely brings kit and does not participate.</p>	<p>Students are assessed on their attitude to learning:</p> <p>1: Always brings kit, participates fully, and leads others.</p> <p>2: Usually brings kit and participates well.</p> <p>3: Sometimes forgets kit and occasionally refuses to take part.</p> <p>4: Rarely brings kit and does not participate.</p>
Citizenship	<p>PSHE Development</p> <p>This curriculum supports students' physical, mental and social wellbeing by showing how exercise benefits the body and mind. Through activities like fitness, trampolining and team sports, students learn about intensity, safety and inclusion. Communication tasks build confidence and respect, while analysing performance develops self-reflection. Expectations around kit, participation and teamwork promote responsibility, resilience and positive lifelong habits.</p> <p>Careers Education</p>		

Students are introduced to skills relevant to careers in sport, fitness, leadership and health. Understanding rules, tactics and officiating links to roles such as coaching, refereeing and personal training. Leading warm-ups, giving feedback and adapting activities build communication, teamwork and problem-solving. Attitude-to-learning assessments reflect workplace expectations like punctuality, preparation and professionalism.

Fundamental British Values

British Values are embedded throughout PE. Democracy appears in shared tactical decisions and role selection. Rule of law is reinforced through learning and applying rules across all sports. Individual liberty is supported through pathway choices and ownership of performance. Mutual respect and tolerance grow through teamwork, fair play, inclusive practice and positive communication with diverse peers.

SMSC Development

SMSC development is strengthened through varied activities and reflective performance analysis. Students experience challenge, creativity and self-expression, especially in trampolining and tactical games. They learn fairness and responsibility through officiating and constructive feedback. Social skills grow through teamwork, communication and problem-solving. Cultural understanding expands through engagement with sports from different traditions.

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Topic Objectives	Know, understand and demonstrate the skills, techniques, rules and regulations of an activity of your choice.	Recognise strengths and weaknesses, work collaboratively and actively participate.	Recognise the mental, physical and social benefits of exercise.
Acquired Knowledge/Skills	<p>Knowledge and Skills: Football and Basketball</p> <ul style="list-style-type: none"> Understand and apply rules to manage play confidently and fairly. Recognise and take ownership of roles and responsibilities within team formations. Apply attacking and defending principles (width, depth, support) to improve team performance. Use effective communication and make independent decisions during gameplay. Understand how fitness components influence performance and apply this knowledge to improve outcomes. 	<p>Knowledge and Skills: Dodgeball</p> <ul style="list-style-type: none"> Apply rules confidently, including throwing, catching, blocking and the out system. Use safe and effective dodging, throwing and blocking techniques without prompting. Make independent tactical decisions using spacing, timing and team communication. <p>Knowledge and Skills: Hockey</p> <ul style="list-style-type: none"> Execute dribbling, passing, receiving, shooting and tackling techniques independently. Apply rules, positions and basic formations to manage play confidently. Use tactical understanding (attacking width, defensive support, off-the-ball movement) to influence gameplay. <p>Knowledge and Skills: Benchball</p>	<p>Knowledge and Skills: Athletics</p> <ul style="list-style-type: none"> Apply running, jumping and throwing techniques independently and safely. Use pacing, take-off mechanics and throwing principles to improve performance. Analyse performance to identify strengths and areas for improvement without guidance. <p>Knowledge and Skills: Softball and Rounders</p> <ul style="list-style-type: none"> Perform batting, fielding and pitching/bowling techniques confidently. Apply rules, positions and tactical decisions to manage gameplay independently. Use communication, teamwork and rotational fielding systems to support team performance. <p>Knowledge and Skills: Foot Tennis and Short Tennis</p>

	<p>Knowledge and Skills: Badminton and Table Tennis</p> <ul style="list-style-type: none"> • Apply scoring systems and court/table boundaries accurately in singles and doubles play. • Select appropriate shots based on game situations and intended outcomes. • Demonstrate correct serving techniques and apply serving rules confidently. • Use tactical positioning and movement independently to gain advantage. • Understand equipment (e.g., grip, racket angle, bat spin) and use it effectively to enhance performance. <p>Knowledge and Skills: Trampolining</p> <ul style="list-style-type: none"> • Follow safety rules consistently and use the trampoline responsibly without supervision prompts. • Demonstrate accurate technique in basic shapes (tuck, pike, straddle). • Maintain controlled body position, balance, and spatial awareness throughout movements. • Link skills smoothly to produce independent sequences. • Apply progressions to develop more advanced skills (twists, somersaults) with increasing confidence. 	<ul style="list-style-type: none"> • Pass accurately, move into space and communicate effectively with little guidance. • Apply rules, scoring and safety expectations consistently. • Use simple attacking and defending strategies to support team performance. <p>Knowledge and Skills: Volleyball</p> <ul style="list-style-type: none"> • Demonstrate serving, digging, setting, spiking and blocking techniques independently. • Apply knowledge of rotations, court positions and rally scoring during gameplay. • Make tactical decisions about shot placement, teamwork and coordinated movement. <p>Knowledge and Skills: Badminton</p> <ul style="list-style-type: none"> • Use forehand/backhand shots, serves, clears, drops and smashes with independence. • Apply court boundaries, scoring systems and singles/doubles tactics confidently. • Make informed decisions about positioning, footwork and shot selection. 	<ul style="list-style-type: none"> • Execute serving, volleying, controlling and directing the ball using feet/racket independently. • Apply court positioning, movement patterns and tactical play to gain advantage. • Use scoring rules, boundaries and legal touches confidently in singles and doubles. • Make informed decisions about shot selection, court awareness and simple tactics. <p>Knowledge and Skills: Workout Class</p> <ul style="list-style-type: none"> • Identify and apply key fitness components (strength, cardio, flexibility). • Demonstrate safe, effective technique in bodyweight and resistance exercises. • Plan and structure a workout and independently monitor exercise intensity.
Assessments	<p>Students are assessed on their attitude to learning:</p> <p>1: Always brings kit, participates fully, and leads others.</p> <p>2: Usually brings kit and participates well.</p> <p>3: Sometimes forgets kit and occasionally refuses to take part.</p> <p>4: Rarely brings kit and does not participate.</p>	<p>Students are assessed on their attitude to learning:</p> <p>1: Always brings kit, participates fully, and leads others.</p> <p>2: Usually brings kit and participates well.</p> <p>3: Sometimes forgets kit and occasionally refuses to take part.</p> <p>4: Rarely brings kit and does not participate.</p>	<p>Students are assessed on their attitude to learning:</p> <p>1: Always brings kit, participates fully, and leads others.</p> <p>2: Usually brings kit and participates well.</p> <p>3: Sometimes forgets kit and occasionally refuses to take part.</p> <p>4: Rarely brings kit and does not participate.</p>
Citizenship	<p>PSHE Development: Students build confidence, resilience and independence by developing a wide range of physical skills and understanding the mental, physical and social benefits of exercise. Expectations around kit, participation and safety promote responsibility and healthy habits. Team activities strengthen communication, empathy and respect—core elements of PSHE.</p>		

Careers Education: The pathways introduce students to skills linked to sport-related careers such as coaching, officiating, fitness and physiotherapy. Learning rules, tactics and technical skills mirrors real industry roles, while teamwork, reliability and perseverance reflect wider employability traits. Exposure to varied physical disciplines broadens awareness of future opportunities in sport, health and wellbeing.

Fundamental British Values: Sporting activities reinforce democracy, rule of law, respect and tolerance. Students follow rules, share decisions and take responsibility within teams. Mixed groups encourage appreciation of others' strengths, while behaviour expectations highlight accountability and the link between positive choices and positive outcomes.

SMSC Development: Students grow socially through teamwork and communication, and morally through fairness, honesty and respect. Physical challenges support spiritual development by building pride and self-belief. Exposure to sports from different cultures enhances cultural understanding, while participation and leadership opportunities strengthen character and belonging.