

# **Subject Curriculum Map: CORE PE**

## **Year 10: 2024-2025**

### **National curriculum – programme of study key stage 4**

#### **Curriculum Intent:**

Year 10 CORE PE aims to provide a high-quality broad and balanced curriculum that inspires all pupils to excel and succeed in competitive sport and other physically demanding activities. Students will build on skills and techniques learnt in year 9 and develop a variety of tactics and strategies to overcome opponents in team and individual games. Students will refine their skills learnt in year 9 and explore how these can be used effectively in a variety of scenarios. Students will identify what makes a performance effective and assess their ability to demonstrate these principles compared to their peer's work. Students will face intellectual and physical challenges which will require them to solve problems using Social, Moral, Spiritual and Cultural skills either individually or as a group. They should continue to develop their understanding, confidence and interest to get involved in exercise, sports, and activities out of school and in later life and understand and apply the long-term physical and mental health benefits of physical activity to be successful as adults.

Beyond the curriculum, we believe that participation in sporting activity is a key element of developing a school in which pupils are proud of the community in which they belong. Therefore, emphasis is placed upon additional sporting opportunities beyond the lesson within after-school clubs, inter-school competition as well as directly trying to support the local clubs and our feeder schools within Stone. Trips are also available throughout the school year such as skiing, leadership opportunities, live sporting fixtures and more.

#### **Curriculum Implementation:**

Y10 CORE PE lessons are taught in mixed ability groups according to gender, to facilitate effective delivery of activities. It is taught over 3 lessons per fortnight. Students in Year 10 who do not take GCSE/BTEC sport will aim to further build on technique and understand and apply GCSE/ BTEC terminology consistently and effectively. Throughout Key Stage 4 students will continue to build on their skills developed in the year 9 curriculum map. At Key Stage 4 Activities will be delivered based on seasonal factors and spacing available. These activities will build on aims and objectives of the KS4 National Curriculum with an increased focus on leadership. The importance of a healthy active lifestyle and the impact being physically active can have on health and wellbeing is a key focus point where we aim to encourage life-long participation and develop technique during performance. We offer alternative sports to help promote an appreciation and love for sport as well as still delivering the opportunity to develop techniques, tactics and strategies in competitive sports and evaluate and develop performance.

Students will also have the option to take examination PE alongside their core physical education lessons at Key Stage 4/5. All these courses allow students to gain a more in depth understanding of how the body works, how physical activity affects the body, the psychological aspect of sport and how sport is affected by issues in society. The skills that students develop whilst studying Physical Education are the ability to analyse data and evaluate, justify, and discuss theories and apply them to sporting life. Physical Education also enables the student to unpick and analyse their own performances and experiences, as well as understanding the world of sport and its role within society. The course deepens the knowledge and understanding that students have from Key Stage 3 and 4 Physical Education as well as Science and Citizenship.

#### **Curriculum Impact:**

By the end of year 10 students will tackle complex and demanding physical activities. They will be involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle whilst thinking critically about their own performance and how to implement tactics and strategies. Students will show confidence in a range of activities and understand the importance of being physically active. The overall intention of the Physical Education curriculum is to give students the confidence, skills, and knowledge to continue to take part in physical activity and sport away from Alleyne's Academy, post sixth form and beyond. It is expected that students will understand the importance of health and fitness, exercising safely and the importance of following rules within sport and society.

Year 10	Autumn 1 Sept-Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 Feb-April	Summer 1 April – May	Summer 2 May - July
Themes, Concepts & Ideas	<p>Tactics, strategies, and development of technique</p> <p>Evaluate self and peer performance</p> <p>Develop and improve technique from year 9</p> <p><u>Sports covered.</u> <b>Boys</b> - football/rugby/handball/</p> <p><b>Girls</b> – Netball /badminton/basketball/football</p>	<p>Tactics, strategies, and development of technique</p> <p>Evaluate self and peer performance</p> <p>Develop and improve technique from year 9</p> <p><u>Sports covered.</u> <b>Boys</b> - football/rugby/handball/badminton/ fitness/ table tennis</p> <p><b>Girls</b> – Netball/badminton/basketball/ football/ trampolining</p>	<p>Development of fitness</p> <p>Tactics, strategies, and development of technique</p> <p>Competence and consistency</p> <p><u>Sports covered.</u> <b>Boys</b> - Badminton/ Volleyball/ Fitness/ Basketball/ dodgeball</p> <p><b>Girls</b> – Hockey/ Badminton/Volleyball/Fitness/ Trampolining/ dodgeball</p>	<p>Development of fitness</p> <p>Tactics, strategies, and development of technique</p> <p>Competence and consistency</p> <p><u>Sports covered.</u> <b>Boys</b> – Hockey/ Badminton/ Volleyball/ Fitness/ Basketball</p> <p><b>Girls</b> – Badminton/Volleyball /Fitness/ Trampolining</p>	<p>Develop technique and performance through summer sports.</p> <p>Target setting</p> <p>Develop and improve technique from year 9</p> <p><u>Sports covered.</u> <b>Boys</b> - athletics, cricket, softball</p> <p><b>Girls</b> – athletics, cricket, rounders</p>	<p>Develop technique and performance through summer sports.</p> <p>Target setting</p> <p>Develop and improve technique from year 9</p> <p><u>Sports covered.</u> <b>Boys</b> - athletics, cricket, softball</p> <p><b>Girls</b> – athletics, cricket, rounders</p>

<p><b>Knowledge and understanding</b></p>	<p>Pupils will be taught to use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, football, hockey, netball, rugby and volleyball.)</p> <p>Develop their technique and improve their performance in competitive situations within team and individual games.</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p>	<p>Pupils will be taught to use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, football, hockey, netball, rugby and volleyball.)</p> <p>Develop their technique and improve their performance in competitive situations within team and individual games.</p> <p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p>	<p>Students involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.</p> <p>Students will continue to develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, and volleyball.)</p> <p>Developing competence to excel in different physical activities</p>	<p>Students involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.</p> <p>Students will continue to develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, and volleyball.)</p> <p>Developing competence to excel in different physical activities</p>	<p>Students will develop their technique and improve their performance through competitive summer sports, (for example, athletics, rounders, cricket, softball).</p> <p>Students will develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, cricket, rounders, softball).</p> <p>Students to set personal challenges through individual activities (i.e athletics) and be physically active for sustained period of time.</p>	<p>Students will develop their technique and improve their performance through competitive summer sports, (for example, athletics, rounders, cricket, softball).</p> <p>Students will develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, cricket, rounders, softball).</p> <p>Students to set personal challenges through individual activities (i.e athletics) and be physically active for sustained period of time.</p>
<p><b>Subject specific skills</b></p>	<p>Leadership skills Warm ups Tactics strategies Understanding bones and muscles specific to sport Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for specific content and teaching points.</p>	<p>Leadership skills Warm ups Tactics strategies Understanding bones and muscles specific to sport Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for specific content and teaching points.</p>	<p>Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for specific content and teaching points. PAR-Q FITNESS TESTS TRAINING PLAN APPLY TRAINING PLAN</p>	<p>Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for specific content and teaching points. PAR-Q FITNESS TESTS TRAINING PLAN APPLY TRAINING PLAN</p>	<p>Performance analysis Students use resources to self and peer assess performance offering feedback to peers.  Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for</p>	<p>Performance analysis Students use resources to self and peer assess performance offering feedback to peers.  Apply all skills and techniques to competitive situations showing tactical knowledge. Follow the SOW for</p>

	Techniques required to play Tactics required to play Positioning within the game Roles within a game Types of defence and attack	Techniques required to play Tactics required to play Positioning within the game Roles within a game Types of defence and attack			specific content and teaching points.	specific content and teaching points.
<b>Social, Moral, Spiritual, Cultural</b>	<p><b>Social</b> – teamwork, communication, and sportsmanship through team games. Students learn to collaborate, respect differences, and share responsibilities. They develop interpersonal skills, empathy, and conflict resolution abilities, essential for building positive relationships on and off the field.</p> <p><b>Moral</b> – students engage with ethical decision-making. They learn fairness, integrity, and responsibility as they adhere to rules and demonstrate honesty in victories and defeats. Through reflective discussions, they understand the moral implications of their actions, shaping them into principled individuals.</p> <p><b>Spiritual</b> students discover connections</p>	<p><b>Social</b> – teamwork, communication, and sportsmanship through team games. Students learn to collaborate, respect differences, and share responsibilities. They develop interpersonal skills, empathy, and conflict resolution abilities, essential for building positive relationships on and off the field.</p> <p><b>Moral</b> – students engage with ethical decision-making. They learn fairness, integrity, and responsibility as they adhere to rules and demonstrate honesty in victories and defeats. Through reflective discussions, they understand the moral implications of their actions, shaping them into principled individuals.</p> <p><b>Spiritual</b> students discover connections</p>	<p><b>Social</b> - our PE curriculum fosters teamwork, communication, and sportsmanship through collaborative fitness activities and non-contact sports. Students engage in group challenges, partner workouts, and team-based games, promoting cooperation and building strong interpersonal skills.</p> <p><b>Moral</b> – The moral dimension of our PE curriculum emphasizes fair play, respect, and ethical decision-making in fitness and non-contact sports. Through discussions and scenarios, students develop a strong sense of integrity, learn to handle</p>	<p><b>Social</b> - our PE curriculum fosters teamwork, communication, and sportsmanship through collaborative fitness activities and non-contact sports. Students engage in group challenges, partner workouts, and team-based games, promoting cooperation and building strong interpersonal skills.</p> <p><b>Moral</b> – The moral dimension of our PE curriculum emphasizes fair play, respect, and ethical decision-making in fitness and non-contact sports. Through discussions and scenarios, students develop a strong sense of integrity, learn to handle success and failure</p>	<p><b>Social</b> - Students will engage in team-based activities within athletics and striking/fielding, promoting cooperation, communication, and fair play. They will learn to work collaboratively, respecting each other's strengths and differences. Through peer feedback and self-assessment, students will evaluate their contributions to the team, enhancing their social awareness and interpersonal skills.</p> <p><b>Moral</b> - In athletics and striking/fielding, students will explore ethical dilemmas and sportsmanship. They'll understand the importance of</p>	<p><b>Social</b> - Students will engage in team-based activities within athletics and striking/fielding, promoting cooperation, communication, and fair play. They will learn to work collaboratively, respecting each other's strengths and differences. Through peer feedback and self-assessment, students will evaluate their contributions to the team, enhancing their social awareness and interpersonal skills.</p> <p><b>Moral</b> - In athletics and striking/fielding, students will explore ethical dilemmas and sportsmanship. They'll understand the importance of</p>

	<p>between physical activity and inner well-being. They experience moments of mindfulness, self-discovery, and personal growth. By appreciating the body-mind harmony, they develop a sense of purpose and resilience, contributing to their spiritual development.</p> <p><b>Cultural</b> They engage with traditions, strategies, and perspectives from various backgrounds. By celebrating differences and promoting inclusion, students develop cultural awareness, global understanding, and a sense of unity that transcends boundaries.</p>	<p>between physical activity and inner well-being. They experience moments of mindfulness, self-discovery, and personal growth. By appreciating the body-mind harmony, they develop a sense of purpose and resilience, contributing to their spiritual development.</p> <p><b>Cultural</b> They engage with traditions, strategies, and perspectives from various backgrounds. By celebrating differences and promoting inclusion, students develop cultural awareness, global understanding, and a sense of unity that transcends boundaries.</p>	<p>success and failure graciously, and understand the importance of honesty and empathy both on and off the field.</p> <p><b>Spiritual –</b> In the spiritual aspect of our PE curriculum, students find opportunities to connect with their inner selves and nature through activities like yoga, meditation, and outdoor fitness sessions. This pillar encourages self-reflection, stress reduction, and a holistic approach to well-being, enhancing their overall physical and mental balance.</p> <p><b>Cultural –</b> The cultural dimension of our PE curriculum celebrates diversity and inclusivity by incorporating sports and fitness activities from various cultures. Students learn about the history and significance of</p>	<p>graciously, and understand the importance of honesty and empathy both on and off the field.</p> <p><b>Spiritual –</b> In the spiritual aspect of our PE curriculum, students find opportunities to connect with their inner selves and nature through activities like yoga, meditation, and outdoor fitness sessions. This pillar encourages self-reflection, stress reduction, and a holistic approach to well-being, enhancing their overall physical and mental balance.</p> <p><b>Cultural –</b> The cultural dimension of our PE curriculum celebrates diversity and inclusivity by incorporating sports and fitness activities from various cultures. Students learn about the history and significance of different sports,</p>	<p>honesty, integrity, and empathy, both in victory and defeat. Through reflective exercises, they'll assess their behaviour on and off the field, reinforcing moral values and cultivating a sense of integrity.</p> <p><b>Spiritual -</b> Students will find personal meaning and connection through the physical activities of athletics and striking/fielding. They'll experience moments of flow, mindfulness, and self-expression, fostering a sense of spiritual well-being. By evaluating their experiences in these activities, students will deepen their understanding of how movement can contribute to their inner growth.</p> <p><b>Cultural -</b> In athletics and striking/fielding, students will explore diverse movement traditions, acknowledging the cultural significance</p>	<p>honesty, integrity, and empathy, both in victory and defeat. Through reflective exercises, they'll assess their behaviour on and off the field, reinforcing moral values and cultivating a sense of integrity.</p> <p><b>Spiritual -</b> Students will find personal meaning and connection through the physical activities of athletics and striking/fielding. They'll experience moments of flow, mindfulness, and self-expression, fostering a sense of spiritual well-being. By evaluating their experiences in these activities, students will deepen their understanding of how movement can contribute to their inner growth.</p> <p><b>Cultural -</b> In athletics and striking/fielding, students will explore diverse movement traditions, acknowledging the cultural significance</p>
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			different sports, promoting cross-cultural understanding and appreciation. This pillar enriches students' experiences, fostering a global perspective and a sense of unity.	promoting cross-cultural understanding and appreciation. This pillar enriches students' experiences, fostering a global perspective and a sense of unity.	of sports. They'll learn about different athletic customs and their roots. By assessing their engagement with various cultural aspects, students will develop cultural awareness and respect, enriching their global perspective.  Through continuous self-assessment and peer feedback, students will actively participate in their own growth across the social, moral, spiritual, and cultural pillars, fostering holistic development in athletics and striking/fielding.	of sports. They'll learn about different athletic customs and their roots. By assessing their engagement with various cultural aspects, students will develop cultural awareness and respect, enriching their global perspective.  Through continuous self-assessment and peer feedback, students will actively participate in their own growth across the social, moral, spiritual, and cultural pillars, fostering holistic development in athletics and striking/fielding.
<b>Skills For life</b>	Teamwork Problem solving Creativity Leadership Communication	Teamwork Problem solving Creativity Leadership Communication	Teamwork Creativity Resilience Communication	Teamwork Creativity Resilience Communication	Independence Empathy Leadership Communication	Independence Empathy Leadership Communication
<b>FBV</b>	students master techniques while embedding values like respect, teamwork, and fairness. Emphasis on proper passing, tackling, and shooting techniques aligns with the values of	students master techniques while embedding values like respect, teamwork, and fairness. Emphasis on proper passing, tackling, and shooting techniques aligns with the values	This curriculum section integrates fundamental British values within fitness and non-contact sports, fostering holistic health and well-being. Students engage in activities	This curriculum section integrates fundamental British values within fitness and non-contact sports, fostering holistic health and well-being. Students engage in activities	Students will engage in activities that promote teamwork, respect, and diversity, aligning with values of democracy, rule of law, individual	Students will engage in activities that promote teamwork, respect, and diversity, aligning with values of democracy, rule of law, individual

	<p>democracy and rule of law. Tactics like strategic positioning and communication foster individual liberty, encouraging students to make responsible choices. As they advance, they learn to balance competition with mutual respect, reflecting values integral to British society.</p>	<p>of democracy and rule of law. Tactics like strategic positioning and communication foster individual liberty, encouraging students to make responsible choices. As they advance, they learn to balance competition with mutual respect, reflecting values integral to British society.</p>	<p>promoting teamwork, respect, and tolerance, aligning with values of democracy and individual liberty. Through diverse sports, they develop physical competence, resilience, and self-discipline, reflecting the value of rule of law. By emphasizing inclusivity and fair play, the curriculum encourages students to embody mutual understanding, contributing positively to the school community and society at large.</p>	<p>promoting teamwork, respect, and tolerance, aligning with values of democracy and individual liberty. Through diverse sports, they develop physical competence, resilience, and self-discipline, reflecting the value of rule of law. By emphasizing inclusivity and fair play, the curriculum encourages students to embody mutual understanding, contributing positively to the school community and society at large.</p>	<p>liberty, and mutual respect. Through athletics and striking/fielding, students develop motor skills, strategy, and fair play. Regular self-assessment and peer evaluations encourage critical thinking and personal growth, fostering a culture of reflection and improvement. This holistic approach cultivates both physical prowess and essential values, empowering students to excel athletically and contribute positively to society</p>	<p>liberty, and mutual respect. Through athletics and striking/fielding, students develop motor skills, strategy, and fair play. Regular self-assessment and peer evaluations encourage critical thinking and personal growth, fostering a culture of reflection and improvement. This holistic approach cultivates both physical prowess and essential values, empowering students to excel athletically and contribute positively to society</p>
<p><b>Stretch &amp; challenge</b></p>	<p>Through advanced tactical analyses, intricate gameplay strategies, and intense physical conditioning, students will be pushed to enhance their teamwork, decision-making, and leadership skills. Incorporating competitive scenarios and innovative drills, this section aims to elevate students' performance to higher</p>	<p>Through advanced tactical analyses, intricate gameplay strategies, and intense physical conditioning, students will be pushed to enhance their teamwork, decision-making, and leadership skills. Incorporating competitive scenarios and innovative drills, this section aims to elevate students'</p>	<p>In this module, students will engage in a comprehensive fitness program that covers cardiovascular endurance, muscular strength, flexibility, and body composition. The curriculum will incorporate progressive exercises tailored to</p>	<p>In this module, students will engage in a comprehensive fitness program that covers cardiovascular endurance, muscular strength, flexibility, and body composition. The curriculum will incorporate progressive exercises tailored to individual abilities,</p>	<p>Students will develop fundamental skills in running, jumping, and throwing through structured drills and activities. They will progress to refining techniques for various track and field events, fostering healthy competition and teamwork. Stretch: Introduce advanced</p>	<p>Students will develop fundamental skills in running, jumping, and throwing through structured drills and activities. They will progress to refining techniques for various track and field events, fostering healthy competition and teamwork. Stretch: Introduce advanced</p>

	levels, fostering a deep understanding of team dynamics and promoting adaptability in dynamic sporting environments.	performance to higher levels, fostering a deep understanding of team dynamics and promoting adaptability in dynamic sporting environments.	individual abilities, promoting both personal growth and group dynamics. To provide stretch and challenge, advanced workout techniques and personalized goal-setting will be integrated, allowing students to push their limits and achieve higher levels of physical prowess. Through this module, students will cultivate a deep understanding of fitness principles while fostering a commitment to lifelong health and well-being.	promoting both personal growth and group dynamics. To provide stretch and challenge, advanced workout techniques and personalized goal-setting will be integrated, allowing students to push their limits and achieve higher levels of physical prowess. Through this module, students will cultivate a deep understanding of fitness principles while fostering a commitment to lifelong health and well-being.	training methods such as interval workouts and biomechanical analysis.  Students will grasp the rules, teamwork, and tactics of rounders, emphasizing batting, fielding, and base-running skills. As they advance, they'll strategize gameplay and adapt strategies in response to opponents. Stretch: Incorporate more intricate tactical scenarios, and explore variations of the game. Challenge: Have students devise innovative rule modifications, promoting strategic thinking and adaptability.	training methods such as interval workouts and biomechanical analysis.  Students will grasp the rules, teamwork, and tactics of rounders, emphasizing batting, fielding, and base-running skills. As they advance, they'll strategize gameplay and adapt strategies in response to opponents. Stretch: Incorporate more intricate tactical scenarios, and explore variations of the game. Challenge: Have students devise innovative rule modifications, promoting strategic thinking and adaptability.
<b>Key assessment focus, suggested assessments</b>	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.	Students assessed on attitudes to learning.
<b>Special events</b>	Football county cup  Rugby county cup	District cross-country championships  Interhouse sports competitions	District badminton championships  Interhouse sports competitions  Football district cup	Interhouse sports competitions  Rugby 7s	Interhouse sports competitions  Cricket competitions	Sports day

<b>Visits/extra-curricular</b>	After school clubs in football, netball, badminton, basketball.  Netball House competition	After school clubs in football, netball, badminton, basketball trampolining.  Badminton house competition	After school clubs in football, netball, badminton, basketball, trampolining. Table tennis house competition  OAA house competition	After school clubs in football, netball, badminton, basketball.  Football house competition	After school clubs in football, netball, badminton, basketball.  Rounders house competition	After school clubs in football, netball, badminton, basketball.  Sports day house competition
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