

Year 10 PE Curriculum Outline

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Year 10 PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Theory – Principles, types and thresholds of Training</p> <p>Practical – Team/individual activity (from football, handball, basketball, badminton or trampolining)</p>	<p>Theory – Training seasons, injury prevention and performance preparation</p> <p>Practical – Team or individual activity (from football, handball, basketball, badminton or trampolining)</p>	<p>Theory – Movement analysis</p> <p>Practical – Team or individual activity (from football, handball, basketball, badminton or trampolining)</p>	<p>Theory – Skills and targets</p> <p>Practical – Team or individual activity (from football, handball, basketball, badminton or trampolining)</p>	<p>Theory – Sports Psychology</p> <p>Practical – Individual (athletics)</p>	<p>Theory – Coursework NEA</p> <p>Practical – Individual (athletics)</p>