

PE department – year 10 scheme of work

National curriculum: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum - Physical education.pdf				
Term	Title	Unit content	Key vocabulary	Resource links:
Autumn 1	Hockey	<ul style="list-style-type: none"> - Refining passing: pass selection, passing whilst moving, passing under pressure, aerial pass - Refining dribbling and ball control: dribbling in tight spaces, dribbling past defenders, dribbling under pressure - Refining shooting: shooting under pressure - Refining tackling - Refining communication / teamwork - Refining rules, strategies and tactics - Developing positioning / creating space / pressing opponents - Developing tempo of play - Developing decision making 	<ul style="list-style-type: none"> - Push pass - Slap pass - Dribbling - Control - Shooting 	https://www.bbc.co.uk/bitesize/topics/zyth6fr
Autumn 1	Football	<ul style="list-style-type: none"> - Refining passing: pass selection, passing whilst moving, passing under pressure, crossing the ball - Refining dribbling and ball control: dribbling in tight spaces, dribbling past defenders, dribbling under pressure, controlling the ball, shielding the ball - Refining shooting: shooting under pressure, shot selection, volleying - Refining tackling: tackling at speed - Developing heading: heading for distance (defending), heading to score (attacking) - Developing communication / teamwork - Developing rules, strategies and tactics - Introducing positioning / creating space / pressing opponents - Introducing tempo of play - Introducing decision making 	<ul style="list-style-type: none"> - Passing - Tackling - Shooting - Crossing - Control - Jockey 	https://www.bbc.co.uk/bitesize/guides/zwfnycw/revision/1
Assessment point 1				

Spring 1	Volleyball	<ul style="list-style-type: none"> - Refining serving: serve selection, serving under pressure (during match play) - Refining striking: shot selection, striking under pressure (during match play) - Developing defending/blocking: multiple block, sprawl - Developing footwork - Developing communication / teamwork - Developing rules, strategies and tactics - Introducing positioning: anticipating path of ball - Introducing decision making 	<ul style="list-style-type: none"> - Underarm - Overarm - Serve - Bump/dig - Set - Spike/smash - Block 	https://www.bbc.co.uk/bitesize/topics/zqk89qt
Spring 2	Table Tennis	<ul style="list-style-type: none"> - Refining serving - Refining striking: shot selection, backspin / topspin, altering speed of play, deny space and reduce time, pressure opponents - Refining communication / teamwork (doubles) - Refining rules, strategies and tactics - Developing decision making 	<ul style="list-style-type: none"> - Forehand - Backhand - Serve - Spin - Flick 	https://www.bbc.co.uk/bitesize/guides/z9m7xsg/revision/1
Assessment point 2				
Summer 1	Cricket	<ul style="list-style-type: none"> - Refining batting: shot selection, straight drive, backward drive, defensive shot - Refining bowling – spin bowl, fast bowl - Refining fielding – Long barrier, positioning based on batter - Refining communication / teamwork - Refining rules, strategies and tactics - Introducing decision making 	<ul style="list-style-type: none"> - Batting - Bowling - Fielding - Wicket - Crease - Outfield - Line and length 	https://www.bbc.co.uk/bitesize/topics/z3nsp39
Summer 2	Athletics – Throwing events	<ul style="list-style-type: none"> - Refining throwing events: discus, shot putt, hammer and javelin - Refining teaching points – technique for greater distance - Refining rules - Introducing competition 	<ul style="list-style-type: none"> - Discus - Shot putt - Hammer - Javelin - Throwing - Pushing 	https://www.bbc.co.uk/bitesize/guides/z3rbcwx/revision/4

Assessment point 3