



CURRICULUM CORE KNOWLEDGE PLAN

SUBJECT: PE

YEAR GROUP: Y10

DATE: 2023-2024

Term and unit	Core knowledge	Core vocabulary	Revisiting prior knowledge	Links to Walney Ways & Employability skills/Careers
Autumn Term – Rugby	- To know the rules of rugby and apply them in a game situation. - To know some of the key positions in rugby and develop knowledge of the roles of each position. - To know the key knowledge and skills from Y7/Y8/Y9 and to understand more complex rules in rugby. - Set plays – to know and understand set plays in rugby and how they can be used to outwit opponents (run around, cut out pass, developing overlap) - Positions – to know the roles and responsibilities of each position and the different requirements of each position - Marker – to know and understand the role of the marker, defensive line set up, wingers drop back on last tackle - Using self and peer evaluation to enhance performance	Run around, cut out pass, overlap,	Y7/Y8/Y9 – rules (knock-on, forward pass, play the ball, offside ,marker). Handling – different passes Kicking/catching high ball Tackling – basic low tackle technique, holding tackle Recap of strategies from Y7/8/9 – draw man and pass, overlap, kicking from hand. Key vocabulary used from Y7/8/9.	Resilience Communicative Self-motivation Respect, teamwork, leadership, sportsmanship
Autumn Term – Badminton	- Understand basic skills/rules/concepts of badminton previously taught in Y7/Y8/Y9 - Understand the layout of the court and requirements for both singles and doubles, setting up the courts - Serving – rules of the serve, underarm serve, forehand, backhand - Movement on the court – footwork, positioning to receive the shuttle, positioning in singles/doubles - Development of more elaborate stroke play – drop shot, lob, smash, spin - Develop decision making – how to outwit opponent, making them move, shot selection - Self & peer evaluation. Officiating and scoring own games.	Singles, doubles, shuttlecock, serve, baseline, drop shot, forehand, backhand, rally, service box, lob, spin	Y7/Y8/Y9 – rules and dimensions of the court for both singles and doubles Stroke play – forehand, backhand, serving Recap of strategies – drop shot, lob Retrieval practice of core knowledge and key terms Y7/Y8/Y9	Resilience Communicative Self-motivation Respect, teamwork, leadership, sportsmanship, responsibility



Spring Term – Football	- Recap of basic rules/concepts of football – handball, positioning, movement, strategies and tactics - Corners – defending and attacking a corner kick - Develop decision making – trying to outwit opponents - Using strategies and tactics to gain advantage – long ball, one/two touch football – which strategy works best, why? - Pressing – defensive press and when to use - Self and peer assessment, using evaluation to enhance performance	Pressing, switch, width, line, short corner, one-two	Y7/8/9 – rules of football, positions, strategies from previous years, tactics and strategies Y7/8/9 – standing tackle, short pass, pass and move, dribbling, controlling the ball, protective dribbling, marking, shooting, turning with the ball	Resilience Communicative Self-motivation Respect, teamwork, sportsmanship, leadership
Spring Term – Health-Related Exercise	- To know the benefits of exercise - To know the barriers of exercise and the strategies to overcome them - To know the components of fitness and be able to successfully apply these to specific individuals and specific sports - To know the different muscles used in the body during exercise - deltoids, gluteus maximus, pectorals, trapezius - To explore sedentary lifestyles and the different ways people can be physically active – partake in numerous fitness activities, including: Zumba, yoga, boxercise, circuit training, HIIT, gym, running, Pilates	Musculoskeletal system, cardiorespiratory system, lungs, oxygen, heart	Revisiting prior knowledge from Y7/Y8/Y9 – benefits of exercise, barriers, components of fitness, heart-rate, fitness testing, muscles Retrieval of key vocabulary and core knowledge from Y7/Y8/Y9	Resilience Communicative Self-motivation Self-aware Respect, teamwork, sportsmanship
Summer Term – Striking and fielding (softball)	- To know the basic rules of softball - To develop understanding and knowledge of the basic fundamentals of softball - To know how to perform different types of catches under control - To develop grip, stance and swing when batting - To know the correct technique of striking the ball in softball and to develop shot selection - To develop decision making, including tactics while fielding	Out, strike, base, long barrier, backstop, bases loaded, innings, foul ball, home run, mitt, pitcher, safe, single, stealing, strikeout	Links to rounders/cricket that pupils have played in KS3. Baseball – similar rules/key terms that they may be familiar with Transferrable skills from cricket/rounders	Resilience Communicative Self-motivation Self-aware Respect, teamwork, sportsmanship
Summer Term – Table Tennis	- Top spin – developing spin on the ball to outwit opponent - Back spin – different type of spin to deceive and outwit opponent - Rule development – no hand on table - Develop decision making – singles/doubles, shot selection, trying to outwit opponent – pace, spin, positioning - Self & peer assessment to evaluate performance. Officiating and scoring matches.	Top spin, back spin, contact with the table	Y7/8/9 – basic rules/rules of the serve/points/scoring/officiating Y7/8/9 – backhand and forehand push, serving, backhand and forehand drive, block, forehand smash	Resilience Communicative Self-motivation Self-aware Respect, teamwork, sportsmanship