



Physical Education : Curriculum Overview - Core PE

Year 10

Term	Topic studied	What will I learn?	How will I be assessed?
Year 10 Autumn	<i>Handball</i>	<i>Pupils will apply attacking and defensive principles in adapted games, including creating width and depth, supporting the ball carrier, intercepting, marking and transitioning quickly between attack and defence.</i>	<i>Teacher observation during conditioned games, focusing on movement off the ball, decision-making, communication and successful application of tactics. Peer feedback and short self-evaluation tasks will support assessment.</i>
	<i>Lacrosse</i>	<i>Pupils will develop possession-based play, scanning, passing and receiving under pressure, creating attacking overloads and defending space effectively.</i>	<i>Performance in small-sided competitive games. Pupils will be assessed on tactical choices, teamwork, safe use of equipment and ability to adapt their play in response to game situations.</i>
	<i>Football</i>	<i>Pupils will apply principles of attack and defence through competitive formats, including pressing, supporting play, retaining possession, counter-attacking and defending as a unit.</i>	<i>Ongoing assessment through conditioned games and match play. Teachers will assess tactical awareness, contribution to team performance, communication and ability to make effective decisions under pressure.</i>
	<i>Badminton</i>	<i>Pupils will use a range of shots and movement patterns to outwit opponents in singles and doubles games. They will develop tactical serving, court positioning, shot selection and partnership communication.</i>	<i>Assessment through adapted competitive games and doubles tournaments. Pupils will be assessed on shot selection, positioning, tactical awareness, scoring and officiating.</i>
	<i>Table Tennis</i>	<i>Pupils will apply spin, placement, serving and return strategies in competitive singles and doubles play.</i>	<i>Teacher observation in competitive games, with assessment of serve variation, consistency, tactical placement, decision-making and ability to analyse an opponent's strengths and weaknesses.</i>
Year 10 Spring	<i>Handball</i>	<i>Pupils will build on prior learning by applying more advanced attacking and defensive tactics, including fast breaks, defensive systems and exploiting overloads.</i>	<i>Competitive game performance, teacher observation and peer coaching. Assessment will focus on tactical adaptation, decision-making, leadership and contribution to team play.</i>
	<i>OAA</i>	<i>Pupils will develop problem-solving, leadership, communication, and teamwork through practical challenges. They will develop their own games using the STEP (Space, Task, Equipment, People) framework.</i>	<i>Assessment through participation in team challenges. Pupils will be assessed on planning, communication, leadership, resilience, safe decision-making and reflection on team effectiveness.</i>
	<i>HRF</i>	<i>Pupils will plan and participate in training sessions designed to improve specific components of fitness.</i>	<i>Pupils will complete and evaluate a personal training programme. Assessment will include practical effort, accuracy of</i>

			<i>training choices, use of fitness data and evaluation of progress.</i>
Year 10 Summer	<i>Pickleball</i>	<i>Pupils will apply serving, returning, volleying, court movement and shot placement in competitive singles and doubles games. They will learn to create space, recognise attacking opportunities, defend effectively and communicate with a partner. Conditioned games may include target zones, restricted bounce rules, bonus points for tactical shots and doubles rotation challenges.</i>	<i>Assessment will take place through adapted and competitive match play. Pupils will be assessed on tactical decision-making, serve and return consistency, movement and positioning, shot selection, communication in doubles, application of rules and officiating. Pupils will also use peer feedback and short self-evaluations to identify improvements.</i>
	<i>Tennis</i>	<i>Pupils will apply forehand, backhand, serving, returning, volleying and court positioning in competitive singles and doubles games. They will develop tactical awareness by using depth, width, pace and placement to move opponents and create scoring opportunities. Conditioned games may include limited-bounce rallies, scoring zones, tactical serving challenges and doubles games with specific roles.</i>	<i>Assessment will be based on performance in conditioned games, competitive matches and mini-tournaments. Pupils will be assessed on shot selection, tactical awareness, consistency, movement, resilience, scoring, officiating and their ability to adapt a game plan against different opponents.</i>
	<i>Gaelic Football</i>	<i>Pupils will apply core Gaelic Football skills in competitive and conditioned games, including soloing, hand passing, kick passing, catching, shooting and tackling safely within the rules used in school PE. They will develop tactical understanding by creating and using space, supporting the player in possession, transitioning quickly between attack and defence, and selecting when to hand pass, kick pass or shoot. Conditioned games may include touch limits, scoring zones, overloads, transition challenges and bonus points for successful team moves.</i>	<i>Assessment will take place through conditioned and competitive matches. Pupils will be assessed on decision-making, use of space, passing and receiving under pressure, shooting accuracy, defensive effort, communication, teamwork, application of rules and sportsmanship. Pupils will also contribute through peer feedback, officiating and short self-evaluations.</i>
	<i>Football</i>	<i>Pupils will apply attacking and defensive principles in competitive football matches. They will develop possession play, support and movement off the ball, pressing, defending as a unit, counter-attacking and tactical use of width and depth.</i>	<i>Assessment will be ongoing through teacher observation in conditioned games, small-sided matches and full-game competition. Pupils will be assessed on tactical awareness, decision-making, technical execution under pressure, movement off the ball,</i>

	<i>Diamond Cricket</i>	<i>Conditioned games may include overloads, touch limits, scoring zones, transition games, timed attacks and bonus points for successful team combinations.</i> <i>Pupils will learn to strike into space, run safely and decisively, bowl with control, catch, retrieve and return the ball efficiently. Pupils will develop tactical awareness by choosing where to hit, placing fielders and communicating as a team. Conditioned games may include scoring zones, bonus points for teamwork, adapted bowling distances, varied batting targets and inclusive fielding roles.</i>	<i>communication, work rate, leadership, resilience, application of rules and sportsmanship.</i> <i>Assessment will be practical and based on participation in Diamond Cricket games. Pupils will be assessed on striking accuracy, bowling control, fielding effort, catching and throwing, decision-making, communication, teamwork, resilience and application of adapted rules. Pupils will also be assessed through peer feedback, self-reflection and their contribution to scoring, umpiring and captaincy roles.</i>
--	------------------------	--	--

