

Year 10 PE Learning Outcomes

Unit 1/2: Football

Students will:

Emerging: Show a basic tactical awareness and react to opponent's pressure in a small sided game.

Developing: Use a sound understanding of the principles of attack when planning their approaches to competitive games. Work effectively in a small team to attack and defend with confidence.

Mastery: Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining their skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved.

Unit 1/2: Hockey

Students will:

Emerging: Show a basic replication of core handling skills and will use these techniques in reaction to opponent's positioning in a small sided game. Will physically exert themselves while taking part in competitive mini versions of the game.

Developing: Use core skills learnt to achieve a successful outcome when taking part in competitive games. Work effectively in a small team to attack and defend. Shows an improving confidence when approaching games/related tasks. Complete physically demanding tasks and therefore improve fitness.

Mastery: Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggest how a performance could be improved. Both physical and mental capacity will be challenged.

Unit 3/4: Fitness

Students will:

Emerging: Demonstrates clear replication of techniques in all activities and will experience the different demands of various fitness tests. Will challenge themselves physically while performing and explain why exercise is good for health and a sustainable life.

Developing: Demonstrates clear replication of techniques in all activities and can change and adapt these core skills where necessary. Can conduct a suitable warm up and explain why exercise is good for health. Work effectively with peers to improve individual performance. Competes in physically demanding events and therefore improves fitness.

Mastery: Replicate techniques in a wide range of activities and performs at a high intensity. Can provide others with effective feedback to help them improve. Challenge both physical and mental capacity.

Unit 3/4: Swimming

Students will:

1 Water confidence

Emerging: They can demonstrate confidence either on the surface or under water

Developing: Support a swimmer in danger and be able to communicate with others to raise the alarm get support.

Mastery: They can select from a range of skills which will best suit the safe recovery of an injured/distressed casualty.

2 Performance

Emerging: They can swim 25m of one stroke with a racing finish

Developing: They can swim 25m of one stroke and use a change of pace to set up a racing finish

Mastery: They can swim 25m of two or more strokes and use a change of pace to set up a racing finish

3 Skill refinement

Emerging: Can demonstrate a consistent front crawl leg action and link basic turns.

Developing: They can perform the correct finishes for two strokes in a racing situation

Mastery: They can perform two turns in two different strokes and maintain an effective stroke for a minimum of 50m.

4 Application

Emerging: They can use combinations of skills and techniques that suit the needs of the task

Developing: They can select suitable approaches for themselves, varying them when working with others and as conditions change

Mastery: describe how their bodies respond to different swimming tasks using information about their heart and breathing rates

Unit 5/6: Striking and Fielding

Students will:

Emerging: Show a basic replication of the batting and bowling skills and will use these core skills in a competitive game situation. Body preparation is slow prior to shot selection. Will physically exert themselves while taking part in competitive games.

Developing: Uses a range of core skills learnt to achieve a successful outcome when taking part in competitive games. Work effectively as a team and displays confidence. Will find the work physically demanding and therefore improve fitness.

Mastery: Demonstrate a sound level of tactical awareness and respond to changing situations by adapting and refining skills and techniques. Identify the main aspects of a good performance, recognise weaknesses and suggests how a performance could be improved. Uses both physical and mental capacity.

Unit 5/6: Net/Wall Tennis

Students will:

Emerging: Show a basic replication of groundstrokes in reaction to opponent's shots in a game situation. Body preparation correct but slow prior to shot selection.

Developing: Uses a range of core groundstrokes to achieve a successful outcome when taking part in competitive games. Show confidence in playing purposeful shots that stretches oppositions. Will physically exert themselves while taking part in competitive games.

Mastery: Demonstrate a very good level of tactical awareness and respond to changing situations by refining groundstrokes. Identify the main aspects of a good performance, recognise weaknesses & suggest ways to improve. Extend both physical and mental capacity to achieve a personal best.

Please note students who have opted for GCSE PE, will follow GCSE PE curriculum plan during Core PE lessons.