

Y10/11 Core PE

All pupils will continue to develop the concepts of outwitting opponents, performance and health related fitness. They will revisit each concept multiple times throughout the year through various physical activities.

Throughout the year students will continue to focus on 3 concepts which will be developed throughout KS3. Students will use declarative and procedural knowledge to build develop their skills, knowledge and strategies within the specific concept, not just in a specific activity. Outwitting opponents, Performance and Health Related Exercise. These concepts will continue to develop through KS3 and into KS4. In KS4, the activities will be tailored to the individual group of students and the focus will shift towards developing a range of soft skills through physical activity.

		Year 10/11
		Outwitting Opponents, Performance, Leadership, OAA
Core PE	Topic	Outwitting Opponents, Performance, Leadership, OAA
	Why this and why now?	<p>Students will continue to develop knowledge of outwitting opponents, performance, and health related exercise through this period with an additional continued focus on leadership, tactics and strategies and composition.</p> <p>Throughout KS3 students will have developed a range of transferable knowledge, skills, and tactical abilities in a broad range of activities.</p> <p>In KS4 students are then challenged to use their gained knowledge, skills and tactical abilities further through a range of activities that are tailored to their individual group to allow for greater engagement in PE and to promote a lifelong love of physical activity.</p> <p>During the first half of the year students will develop their leadership skills as well as creativity which will benefit students in various ways. Students will use the knowledge that they gained in KS3 to allow them to be successful in these units as they will be challenged to lead others, develop strategies and compositional ideas and tactics in a range of different activities. Students will also challenge themselves in new, adventurous activities exploring both outdoor adventurous activities as well as less popular activities within the UK.</p>
	What is the essential knowledge that needs to be remembered?	<p>Outwitting opponents</p> <ul style="list-style-type: none"> - Fundamentals of attack and defence - Strategic thinking/tactical awareness - Effective communication skills - Problem solving and cognitive flexibility. - Risk vs Reward - Strengths and weaknesses of performance - Sportsmanship <p>Performance</p> <ul style="list-style-type: none"> - Technique mastery - Routine design - Consistent practice

		<ul style="list-style-type: none"> - Constructive feedback <p>HRE</p> <ul style="list-style-type: none"> - Routine design - Consistent practice - Leadership development when working with others - Resilience to work at max levels. - Creativity when exercising
	<p>What is the assessment intent and how will you assess?</p>	<p>Students will be assessed using the PE secure assessment criteria which assesses them using Head Heart and Hands.</p> <p>Students will not be assessed on their ability to perform in a specific activity but will be assessed as a whole, assessing their procedural knowledge, their declarative knowledge as well as their ability to demonstrate key values and soft skills.</p>
	<p>What should the end points look like</p>	<p>Outwitting opponents</p> <ul style="list-style-type: none"> - Lead a small group through a warmup, drill or game with confidence. - Demonstrate understanding of the fundamentals of attack and defence in various activities. - Demonstrate strategic thinking/tactical awareness in various activities. - Effectively communicate with teammates to achieve a common goal. - Demonstrate problem solving and cognitive flexibility in various activities. - Demonstrate an understanding of risk vs reward in various activities. - Be able to assess the strengths and weaknesses of performance and implement an appropriate tactic. - Demonstrate GREAT values and sportsmanship in various activities. <p>Performance</p> <ul style="list-style-type: none"> - Continue to develop technique mastery in various activities. - Be able to demonstrate choreography, routine design and creativity in various activities - Develop consistency in various activities. - Be able to provide constructive feedback to others to allow them to further develop skills. <p>HRE</p> <ul style="list-style-type: none"> - Be able to design and develop an effective training programme using creativity. - Be able to consistently perform exercises with correct technique. - Be able to lead others through a training programme demonstrating encouragement and motivation. - Demonstrate resilience when working at max levels.
	<p>How does it cover the NC</p>	<ul style="list-style-type: none"> - Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges, and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. - Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best. - Use and develop a variety of tactics and strategies to overcome opponents in team and individual games. - Develop their technique and improve their performance in other competitive sports and physical activities