




Stalham High School - Subject Curriculum Overview








































Subject: Physical Education

Year: 10 core

Half -Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Themes/ Content/ Units covered 	Volleyball <p>To develop the effectiveness and consistency of a serving. 🚀</p> <p>To perform an accuracy, return of serve 🚀</p> <p>To understand how to block a shot, and communicate when to perform 🧠🚀🧠</p> <p>To develop consistency of anticipation and</p>	Table tennis <p>To consistently return serve into a variety of areas of the table 🚀</p> <p>To describe the difference between a push and a slice shot 🧠🧠</p> <p>Understand the importance of footwork and table position 🧠</p> <p>To be able to effectively communicate in a</p>	Fitness <p>Understand a variety of training methods 🧠</p> <p>Be able to identify muscles groups within the body 🧠</p> <p>Explain the short-term effects of exercise 🧠</p> <p>To identify how to apply progression 🧠🚀</p> <p>To understand what tedium is and</p>	Fitness <p>To design a success fitness session 🧠🧠</p> <p>To be able to describe specificity 🧠🧠</p> <p>To be able to identify the long-term effects of exercise and explain how these will develop of time 🧠🚀</p>	Rounders <p>To develop consistency and accuracy when hitting the ball 🧠</p> <p>To vary the speed and height of bowls 🧠</p> <p>Develop accuracy when throwing the ball to a team member 🚀</p> <p>To be able identify gaps on the field and place balls in that direction 🚀</p>	Cricket <p>To recap and develop bowling accuracy and technique 🧠</p> <p>To develop bowling technique to include different pace and spin styles 🚀</p> <p>To improve the consistency and effectiveness of the front foot and back foot shot 🚀</p>
















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	<p>reaction to game play  </p> <p>Develop ideas to ensure that formations work effectively </p> <p>Handball</p> <p>To effectively dribble using both hands </p> <p>To describe how to perform all passes   </p> <p>To demonstrate the correct selection of passes and shots </p> <p>To analyse game play and create tactics and</p>	<p>double game </p> <p>Badminton</p> <p>To effectively play a range of serves </p> <p>To develop use of the shots on the backhand. </p> <p>To be able to discuss tactics and why they have been chosen </p> <p>To develop accuracy and consistency of shots on the forehand </p> <p>Development of using the whole court to gain</p>	<p>how to ensure that performers do not suffer from it </p> <p>Football</p> <p>Planning and organising a training session to deliver to peers    </p> <p>To understand and apply attacking and defensive strategies </p> <p>To develop and improve technique, control and skill execution </p> <p>Continual development and refinement of previously learnt skills </p>	<p>To perform in a variety of fitness sessions </p> <p>Basketball</p> <p>To develop consistency and accuracy of shooting </p> <p>To effectively use a lay up in a game situation </p> <p>To develop timing and success when rebounding the ball  </p> <p>To be able to design strategies to gain an advantage over an opponent   </p>	<p>Softball</p> <p>Develop of effectiveness of stealing a base. </p> <p>To develop accuracy and consistency of bowling techniques </p> <p>To be able to consistently contact the ball when batting </p> <p>To understand batting order </p> <p>To discuss and agree tactics with teammates </p>	<p>Reiterating fielding basics and perfecting techniques for this </p> <p>Opportunities for leadership and umpiring scenarios. </p> <p>Tennis</p> <p>To effectively return a variety of serve </p> <p>To develop range of depth of ground strokes. </p> <p>To understand the advantages of placing the ball </p> <p>To evaluate others performance,</p>
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	<p>strategies for effective play </p> <p> </p> <p>To demonstrate feinting with the ball to gain an advantage. </p>	<p>control of the game </p>		<p>To be able to evaluate strengths and weaknesses in others</p> <p>performance </p> <p> </p> <p>To be able to make the correct decisions when using the triple threat position  </p> <p></p>	<p>To develop the technique of forcing outs </p>	<p>identifying strengths and weaknesses </p> <p>To develop footwork and court positioning around the net  </p> <p>To secure an accurate volley </p>
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