

***Physical Education Half Term 1***

***YEAR 10 OVERVIEW Pupils will learn:***

***Boys-***

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| **Half Term 1 - Futsal & Rugby** | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** |
| **Rules** | **Tactical Set up in 4v4 and 5v5 games** | **Set Up from Goalkeeper possession** | **Short touch passing** | **N/A** |
| **How to set up a 3 man scrum** | **How to set up a 5 man scrum** | **Line outs- Setting up a maul** | **Positions** | **N/A** |

***Girls & Mixed groups-***

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| **Half Term 1 - Netball &Tennis** | | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** | **Lesson 6** |
| **Recap & Assessment of Core Skills** | **Shooting tactics - passing around of the circle** | **Individual attacking decisions** | **Individual defensive decisions** | **Academic review** | **Academic review/ Addressing misconceptions** |
| **Grip** | **Ready Position** | **Forehand** | **Backhand** | **Academic review** | **Academic review/ Addressing misconceptions** |

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| ***Extracurricular opportunities linked to the sports being taught*** | 1. *Netball Thursdays afterschool* 2. *Football Mondays afterschool* 3. *Girls Football Tuesdays afterschool* 4. *Dodgeball Lunchtime* 5. *Futsal lunchtime* 6. *Futsal years 9-11 Monday afterschool* 7. *Trampolining Lunchtime* |