

YEAR GROUP 10 (Due to limitations on spaces, groups may experience these activities in a different order)

		Block 1							Block 2							Block 3							Block 4							Block 5							Block 6											
		AUTUMN 1							AUTUMN 2							SPRING 1							SPRING 2							SUMMER 1							SUMMER 2											
		1	2	3	4	5	6	7	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	7									
Unit description	Intent <i>Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students’ own development</i>								Intent <i>Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students’ own development</i>								Intent <i>Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students’ own development</i>								Intent <i>Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students’ own development</i>								Intent <i>Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students’ own development</i>															
	Rugby								Football								Hockey								Handball								Tennis								Softball							
	Know Strong understanding of the rules so that I could effectively officiate a medium game How to perform the advanced skills with control Which of the range attacking /defensive strategies are most effective in each scenario How to motivate my teammates to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate How to perform the advanced skills with control Which of the range attacking/defensive strategies are most effective in each scenario How to motivate my teammates to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate. Understanding of short and long corners. How to perform the advanced skills with control Which of the range attacking/defensive strategies are most effective in a given scenario How to motivate my teammates to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate a full sided game How to perform the advanced skills with control Which of the range attacking /defensive strategies are most effective in each scenario How to motivate my teammates to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate a singles or doubles game, including official scoring system How to perform the advanced skills with control Which attacking and defensive strategies are most effective in each scenario How to motivate my partner to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate a full sided game How to perform the advanced skills with control Which of the range attacking/defensive strategies are most effective in each scenario How to motivate my teammates to get the best out of them							
	Do Pass with speed and accuracy across all variations off of both hands Use the advanced skills with control and usually at the appropriate time A range of effective individual defensive skills Effective attacking skills, timing passes for maximum attacking advantage Take on leadership roles within my teams Take on difficult challenges in order to stretch myself								Do Advanced methods of passing such as driven pass, lofted pass, crossing, one touch passing Use the advanced skills with control and usually at the appropriate time A range of effective individual dribbling skills/turns to create space and evade a defenders Scoring from a range of distances/angles Perform the right method of tackling at the right time Take on leadership roles within my teams Take on difficult challenges in order to stretch myself								Do Use the advanced skills with control and usually at the appropriate time A range of effective individual dribbling to create space and evade a defenders Shooting from a range of distances/angles Perform the right method of tackling at the right time Take on leadership roles within my teams Take on difficult challenges to stretch myself								Do Pass with power, speed and accuracy across all variations Use the advanced skills with control and usually at the appropriate time A range of effective individual dribbling skills to create space and evade a defenders Scoring from a range of distances/angles Introduction to contact in defence Take on leadership roles within my teams Take on difficult challenges in order to stretch myself								Do Use a variety of shots effectively in a game situation, utilising spin / responding to spin where necessary Use overhead serve with some success A range of effective shots to create space on the court and a winning opportunity. Play doubles using different formations – side by side, front and back Take on leadership roles within in a game Take on difficult challenges to stretch myself								Do Advanced methods of hitting with power, placement and adjusting technique to the pitcher Use the advanced fielding skills with control and usually at the appropriate time Utilise a range or running strategies for attacking advantage and suited to the current scenario Showing high quality fielding skills, selecting and executing them with precision and speed Take on leadership roles within my teams Take on difficult challenges in order to stretch myself							
	Basketball								Dodgeball								Badminton								Netball								Athletics								Rounders							
	Know Strong understanding of the rules so that I could effectively officiate a full sided game How to perform the advanced skills with control Which of the range attacking (slow build/fast break/use of screen)/defensive strategies (man to man/zone/full/half court press) are most effective in each scenario How to motivate my teammates to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate How to perform the skills with control (overarm throw, catch, dodge) Which of the range attacking (co-ordinated attacks) /defensive strategies (blocking with the ball/team defensive co-operation) are most effective in each scenario How to motivate my teammates to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate a singles or doubles game. How to perform the advanced skills with control Which attacking and defensive strategies are most effective in each scenario How to motivate my partner to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate. Use of circle edge for attacking and defending. How to perform the advanced skills with control Which of the range attacking/defensive strategies are most effective in a given scenario How to motivate my teammates to get the best out of them								Know Strong understanding of the rules so that I could effectively officiate How to perform the advanced skills with control Devise strategies to improve my/my partner’s performance across all events								Know Strong understanding of the rules so that I could effectively officiate. Understanding the obstruction rule. How to perform the advanced skills with control Which of the range batting/fielding strategies are most effective in each scenario How to motivate my teammates to get the best out of them							
	Do Pass with power, speed and accuracy across all variations Use the advanced skills with control and usually at the appropriate time								Do Throw with power, speed and accuracy								Do Use a variety of shots effectively in a game situation.								Do																Do Use the advanced skills with control and usually at the appropriate time Batting effectively based on the fielding positions. Making the right fielding decisions at the right time Take on leadership roles within my teams Take on difficult challenges to stretch myself							

		<p>A range of effective individual dribbling skills to create space and evade a defenders</p> <p>Scoring from a range of distances/angles</p> <p>Lay up in a 1 vs 1 situation</p> <p>Boxing out on defence</p> <p>Take on leadership roles within my teams</p> <p>Take on difficult challenges in order to stretch myself</p>	<p>Use the skills with control and usually at the appropriate time</p> <p>Catching throws at varying heights and speeds</p> <p>Perform a range of dodges which are usually effective</p> <p>Take on leadership roles within my teams</p> <p>Take on difficult challenges in order to stretch myself</p>	<p>A range of effective shots to create space and a winning opportunity.</p> <p>Play doubles using different formations – side by side, front and back,</p> <p>Take on leadership roles within in a game</p> <p>Take on difficult challenges to stretch myself</p>	<p>Use the advanced skills with control and usually at the appropriate time</p> <p>Use of the circle edge in attacking and defensive situations.</p> <p>Shooting from a range of distances/angles</p> <p>Take on leadership roles within my teams</p> <p>Take on difficult challenges to stretch myself</p>	<p>The technical knowledge to review and adapt my technique</p> <p>How to motivate my partner to get the best out of them</p>	<p>Cricket</p> <p>Know</p> <p>Strong understanding of the rules so that I could effectively officiate</p> <p>How to perform the advanced skills with control</p> <p>Which of the range attacking/defensive strategies are most effective in each scenario</p> <p>How to motivate my teammates to get the best out of them</p> <p>Do</p> <p>Advanced methods of batting (cover drive, playing behind square, coming down the wicket)</p> <p>Use the advanced skills with control and usually at the appropriate time such as bowling variation.</p> <p>Take on leadership roles within my teams</p> <p>Take on difficult challenges in order to stretch myself</p>
	Assessment	<p><i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i></p> <p><i>Students will be assessed across all 3 strands to produce one ‘best fit’ grade for the year to date, against the End of Year criteria</i></p>	<p><i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i></p> <p><i>Students will be assessed across all 3 strands to produce one ‘best fit’ grade for the year to date, against the End of Year criteria</i></p>	<p><i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i></p> <p><i>Students will be assessed across all 3 strands to produce one ‘best fit’ grade for the year to date, against the End of Year criteria</i></p>	<p><i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i></p> <p><i>Students will be assessed across all 3 strands to produce one ‘best fit’ grade for the year to date, against the End of Year criteria</i></p>	<p><i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i></p> <p><i>Students will be assessed across all 3 strands to produce one ‘best fit’ grade for the year to date, against the End of Year criteria</i></p>	<p><i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i></p> <p><i>Students will be assessed across all 3 strands to produce one ‘best fit’ grade for the year to date, against the End of Year criteria</i></p>
	Additional	<p><i>Across all blocks the students will also experience the following;</i></p> <ul style="list-style-type: none"><i>Working at high intensities for the duration of the lesson, to receive the associated health benefits</i><i>Performing safely, with good behaviour for learning which benefits all</i>					

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Unit description	Intent <i>Drawing on all the skills, tactics, knowledge and personal qualities learned to produce effective outcomes in challenging circumstances.</i> Rugby Know Deep understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in basketball Do Perform the whole range of passes in challenging/competitive scenarios Often, select the right skill and execute it Carry the ball into dangerous areas with confidence and respond to how the opponents defend Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in rugby Basketball Know Deep understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in basketball Do Perform the whole range of passes in challenging/competitive scenarios Often, select the right skill and execute it Carry the ball into dangerous areas with confidence and respond to how the opponents defend High level of success when shooting, using a range of different techniques Use a range of defensive strategies with confidence and competence							Intent <i>Drawing on all the skills, tactics, knowledge and personal qualities learned to produce effective outcomes in challenging circumstances.</i> Football Know Deep understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in football Do The whole range of passes in challenging/competitive scenarios Often, select the right skill and execute it Carry the ball into dangerous areas with confidence and respond to how the opponents defend High level of success when finishing, using a range of different techniques, usually making the keeper save Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in football Table Tennis Know Strong understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in table tennis Do Perform the core and and advanced (drop, smash, various types of spin and service) shots in challenging/competitive scenarios effectively Often, select the right skill and execute it Adapt my game to my opponents strengths and weaknesses High level of success when serving and playing attacking shots Use a range of defensive strategies with confidence and competence							Intent <i>Drawing on all the skills, tactics, knowledge and personal qualities learned to produce effective outcomes in challenging circumstances.</i> Hockey Know Deeper understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in hockey Do The whole range of passes in challenging/competitive scenarios Often, select the right skill and execute them. Carry the ball into dangerous areas with confidence and respond to how the opponents defend High level of success when finishing, using a range of different techniques. Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in hockey. Badminton Know Deep understanding of the rules How to perform the core and advanced skills in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in badminton Do Perform the whole range of shots in challenging/competitive scenarios Often, select the right skill and execute it Play attacking shots with confidence and respond to how the opponents defend High level of success when using a range of different techniques Use a range of defensive strategies with confidence and competence							Intent <i>Drawing on all the skills, tactics, knowledge and personal qualities learned to produce effective outcomes in challenging circumstances.</i> Handball Know Deep understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in Handball Do Perform the whole range of passes in challenging/competitive scenarios Often, select the right skill and execute it Carry the ball into dangerous areas with confidence and respond to how the opponents defend High level of success when shooting, using a range of different techniques, including fakes Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in handball Netball Know Deeper understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in netball Do The whole range of passes in challenging/competitive scenarios Often, select the right skill and execute them. Pass the ball into dangerous areas with confidence and respond to how the opponents defend High level of success using a range of different techniques. Use a range of defensive strategies with confidence and competence							Options <i>Intent Students will make decisions on their final lessons in core PE, selecting activities in which they can utilise the skills and knowledge learned over the course of their PE experience, taking ownership of their future active lifestyles</i>			Exam period										

		Show high levels of commitment to progress in basketball	Show high levels of commitment to progress in table tennis	Show high levels of commitment to progress in badminton Volleyball Know Deep understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in volleyball Do Perform the whole range of passes in challenging/competitive scenarios effectively Often, select the right skill and execute it Adapt my game to my opponents strengths and weaknesses High level of success when setting and spiking Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in volleyball	Show high levels of commitment to progress in netball. Health Related Fitness Know Deep understanding of the range of weighted exercises How to perform the core and advanced in the most challenging situations to produce effective outcomes How to plan innovate and adapt in a communal gym environment. The level of discipline required to make progress in HRF Do High levels of success when performing advanced methods of compound weightlifting movements such as deadlift, bench press and squat Perform a range of accessory based lifts e.g bicep curls, overhead pull overs, tricep pushdowns, ab rollouts with confidence Show creativity in devising individualised workout plans Show high levels of commitment/positive attitude to progress in HRF		
	Assessment	<i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i> <i>Students will be assessed across all 3 strands to produce one ‘best fit’ grade for the year to date, against the End of Year criteria</i>	<i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i> <i>Students will be assessed across all 3 strands to produce one ‘best fit’ grade for the year to date, against the End of Year criteria</i>	<i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i> <i>Students will be assessed across all 3 strands in this block with one final, end of year level awarded.</i>	<i>Ongoing formative assessment in lesson, individualised feedback where appropriate and students are given the chance to reflect on their own behaviours and performance to aid their learning</i> <i>Students will be assessed across all 3 strands in this block with one final, end of year level awarded.</i>		
	Additional	<i>Across all blocks the students will also experience the following;</i> <ul style="list-style-type: none"><i>Working at high intensities for the duration of the lesson, to receive the associated health benefits</i><i>Performing safely, with good behaviour for learning which benefits all</i>					

>Something More?

Curriculums at BSS are designed to nurture not only intellectual and physical development but also the spiritual growth of students. This will be through:

Encouraging Self-Reflection and Personal Growth:

PE involves setting goals, overcoming challenges and reflecting on personal progress. This promotes self-awareness, resilience and a deeper understanding of one’s strengths and areas to improve.

Fostering a Sense of Purpose and Meaning:

Engaging in physical activities can help students find joy, fulfilment and meaning in movement and health, which supports a sense of purpose.

Promoting Respect and Sportsmanship:

Learning fair play, respect for others and teamwork builds moral values and empathy. These qualities contribute to a sense of interconnectedness and ethical behaviour which benefits everyone in our community.

Enhancing Mind-Body Connection:

Direct links are made between physical and cognitive domains in PE, understanding not only how we improve our motor skills and effectiveness but also how movement can positively affect our mindset and well-being.

Experiencing Awe and Transcendence:

Being active in nature can inspire feelings of wonder and connection to something larger than oneself — whether that be nature, life, or a higher power.

Developing Inner Strength and Integrity:

Pushing through physical difficulty or showing courage in competition helps cultivate inner strength, a key component of spiritual resilience.

Building Community and Belonging:

Team sports and group activities foster a sense of belonging, shared goals, and unity, supporting the spiritual need for community and connection.

How does our curriculum do >Something More?

KS4 PE:

- Fostering a Sense of Purpose and Meaning:
 - ✓ **Students take greater ownership of their learning and experience in PE lessons, finding something that they can continue to do once compulsory PE is over, that they connect with and value**
- Enhancing Mind-Body Connection
 - ✓ **Students’ knowledge and understanding is at an enhanced stage where they are able to recognise and feel their competency growing in the activities, which develops their self-confidence as they work towards mastery, encouraging them to seek out those positive feeling through being active.**
- Developing Inner Strength and Integrity:
 - ✓ **Students are challenged in every lesson to push themselves beyond their comfort zone, sometimes achieving it and sometimes not quite getting there but learning from all these experiences and embedding the resilience to seek out and rise to all challenges**