**Year 10 - Physical Education Curriculum Overview 2025/26**

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| **YR****10** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Content** | **Invasion Games***(suggested activities)** Football
* Basketball
* Tag Rugby
 | **Net / Wall Games***(suggested activities)** Badminton
* Pickleball
 | **Health & Fitnes***(suggested activities)** Circuit Training
* Fitness Challenges
 | **Targeting Games***(suggested activities)** Curling
* Dodgeball
* Darts
* Boules
 | **Athletics***(suggested activities)** Track & Field Events
 | **Striking & Fielding***(suggested activities)** Rounders
* Cricket
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| **Key new knowledge** | Consistently executing complex dribbling techniques, such as step-overs and spins, under pressure.Organising and leading team attacking or defensive strategies during competitive gameplay.Providing constructive feedback to teammates on their tactical and technical performance. | Performing complex strokes, such as angled smashes and drop shots, in match scenarios.Adapting gameplay tactics dynamically to counter opponents’ strategies during rallies.Leading doubles matches by coordinating movements and communicating tactical adjustments. | Setting personalised fitness goals and creating tailored training programmes.Applying advanced training principles, such as overload and progression, to enhance fitness levels.Evaluating fitness programmes for their effectiveness and making adjustments to achieve goals. | Performing advanced throwing and catching techniques with consistency in high-pressure situations.Organising team strategies for targeting games, focusing on coordination and tactical planning.Providing detailed feedback to peers to improve their technical and tactical execution. | Demonstrating sprinting, jumping, and throwing techniques with a focus on competitive accuracy.Adapting technique dynamically to suit environmental or situational conditions during events.Analysing performance to set and refine specific goals for continued improvement. | Mastering advanced batting techniques, such as lofted drives and sweeps, during gameplay.Executing complex fielding strategies, including quick relays and positional awareness.Adapting bowling and throwing techniques dynamically to exploit opponents’ weaknesses. |
| **Assessments** |  |  |  |  |  |  |