

EMMANUEL COLLEGE

THE PHYSICAL EDUCATION DEPARTMENT

Year 10



Year 10	Autumn Term	Spring Term	Summer Term
Unit Title	Creating effective competition focus with a focus on leadership in lessons.		
Key Question(s)?	How do I compete effectively in a range of sports, what advanced skills do I need in order to be effective in competition and how do I become an effective leader?		
Threshold Concepts	Students will gain further knowledge on how to compete successfully in a range of sport. They key question will look at how, as a team or individual, do we outwit our opponents successfully? Students will gain an understanding of what it looks like to outwit opponents effectively and will begin to put tactical play and advanced skills developed throughout previous years into action in order to win games. Students will be given the opportunity to extend their leadership skills and attributes further and will be given support on how to become an effective leader in PE in line with their character development. Students will be given an introduction to the weights room and will gain further knowledge around how the body works and the body systems in place to support body adaptations.		
Link to Prior Knowledge	Students will have an understanding of how to apply skills learnt into games and will have a greater understanding of the rules and regulations surrounding each sport. They will have a more advanced understanding of the body systems and will be able to discuss the qualities effective leader need in order to start applying them into lessons and leadership in Year 10.		
Knowledge and Sequencing Rationale	As students enter Key Stage 4, they are further enhancing their understanding of sports and ways to outwit opponents. They are taught to think more about differing strategies and tactics in a variety of sporting activities, alongside even more complex skills. Students begin to develop their umpiring skills and build upon their knowledge of rules but more importantly how to implement these rules in game situations. Students are also introduced to our weights room as another way of developing their health and fitness. Competition focus in game lessons.		