

Physical Education

Year Group 10

The Physical Education department is in the unique position where rotations around facilities and the weather must be considered.

Consideration is made to fall in line with Sunderland & Tyne & Wear School Games, Primary links, inter-house & school sport, traditional seasonal activities, different year groups & exam classes that are timetabled at the same time and sex and relationships education that is taught in PE time for year 10 and 11. This means that pupils follow the same SOL for each activity but the timing of when they are delivered depends on each class' individual rotation. Pupils receive a very broad and balanced PE curriculum.

In year 10 we up to 9 activities that we cover over the course of the year. This gives the pupils an opportunity to specialise in activities that they excel in, enjoy, and are likely to continue to participate in outside of school. Each activity is covered on a half termly basis for a minimum of 5 weeks and a maximum of 8 weeks.

| Number of Hours | Topics |
|---|--|
| 5-8 per activity | Netball, badminton, dance, trampoline, rounders, cricket, athletics, tennis, handball, basketball, health related fitness and OAA. |
| Reasons behind the choices of activity | |
| The St. Anthony's curriculum for physical education for year 10 aims to ensure that all pupils: develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives. | |
| In year 10 pupils tackle complex and demanding physical activities. They perform in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. | |
| In Year 10 Pupils are taught to; | |
| <ul style="list-style-type: none">• Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (netball, badminton, basketball, cricket, football, handball, rounders, and tennis)• Develop their technique and improve their performance in other competitive sports (athletics) and other physical activities (HRF, trampoline)• Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group• Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best• Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. | |

The amount of activities on offer allows all pupils to access the National Curriculum and receive a broad and balanced curriculum with the aim of allowing pupils to excel in a range of sports, enjoy participating in a range of sports and to promote life-long participation. The activities that we have offered to the pupils are long-standing, recognised, traditional activities, with well-established governing bodies that are at the forefront of sport in the media and our society and are also recognisable in world competitions such as; Olympics & Commonwealth games to inspire pupils to emulate roles models. These activities are all covered in our regions' school games and within the locality there are many grass root opportunities and club links that can be promoted for pupils to be encouraged to seek participation outside of school. We have also considered staff expertise and the popularity of activities with pupils within our years of teaching experience with girls. There has also been thought to link with external exam specifications so that pupils' performance can be developed and enhanced during key stage 4 to access assessment criteria set by exam specifications. Consideration to seasonal variations is made by offering cricket, rounders, tennis and athletics in the summer term for most classes and invasion games during the autumn/winter/spring terms. Whereas some of the indoor activities can be played all year round.