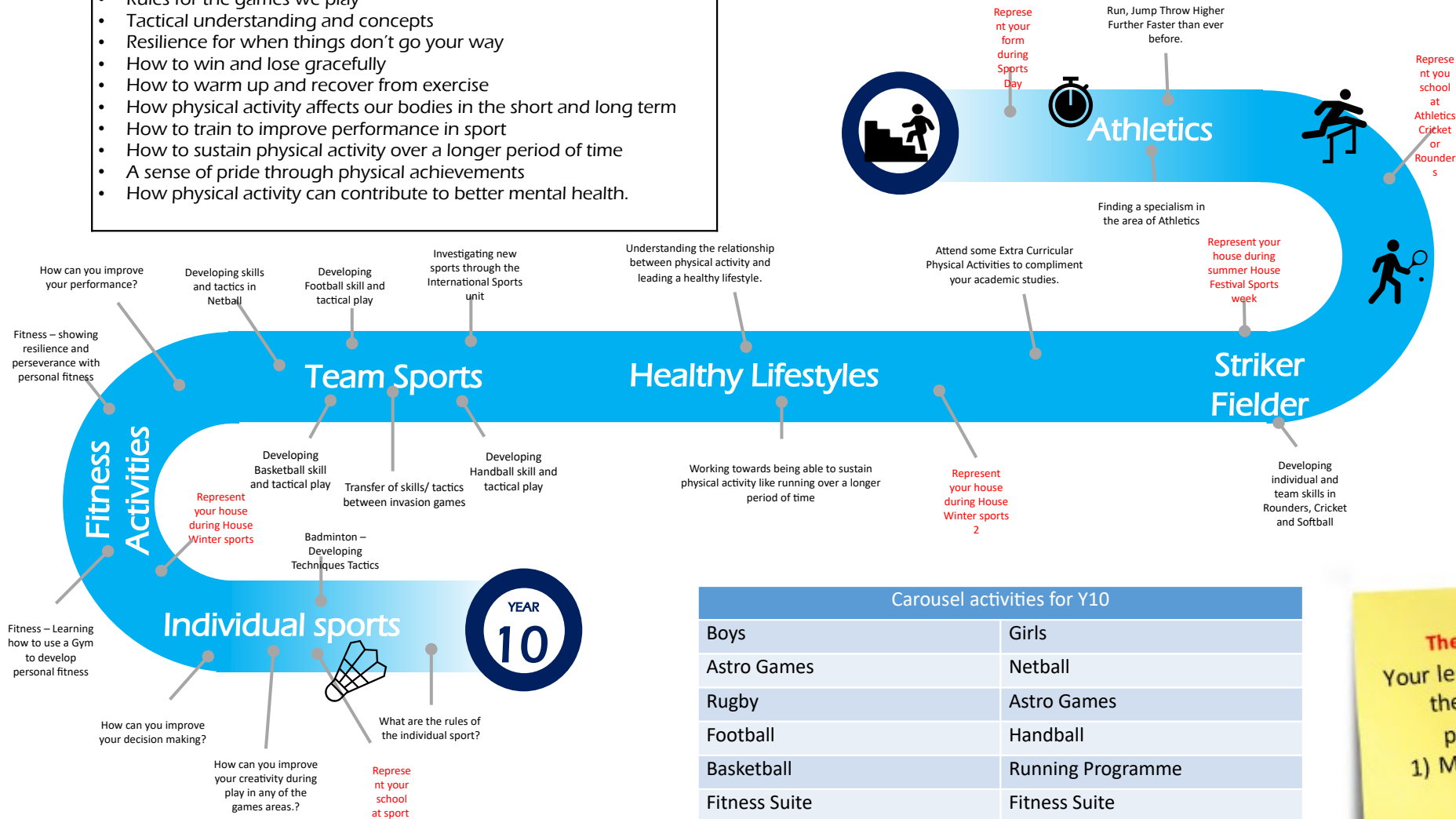


What will you be learning in Year 10 Core PE?



Skill and attributes learnt through the activities

- Skills for the games we play
- Rules for the games we play
- Tactical understanding and concepts
- Resilience for when things don't go your way
- How to win and lose gracefully
- How to warm up and recover from exercise
- How physical activity affects our bodies in the short and long term
- How to train to improve performance in sport
- How to sustain physical activity over a longer period of time
- A sense of pride through physical achievements
- How physical activity can contribute to better mental health.



Carousel activities for Y10

Boys	Girls
Astro Games	Netball
Rugby	Astro Games
Football	Handball
Basketball	Running Programme
Fitness Suite	Fitness Suite
Badminton	Badminton
Athletics	Athletics
Striking Fielding	Striking Fielding

The Big Picture:

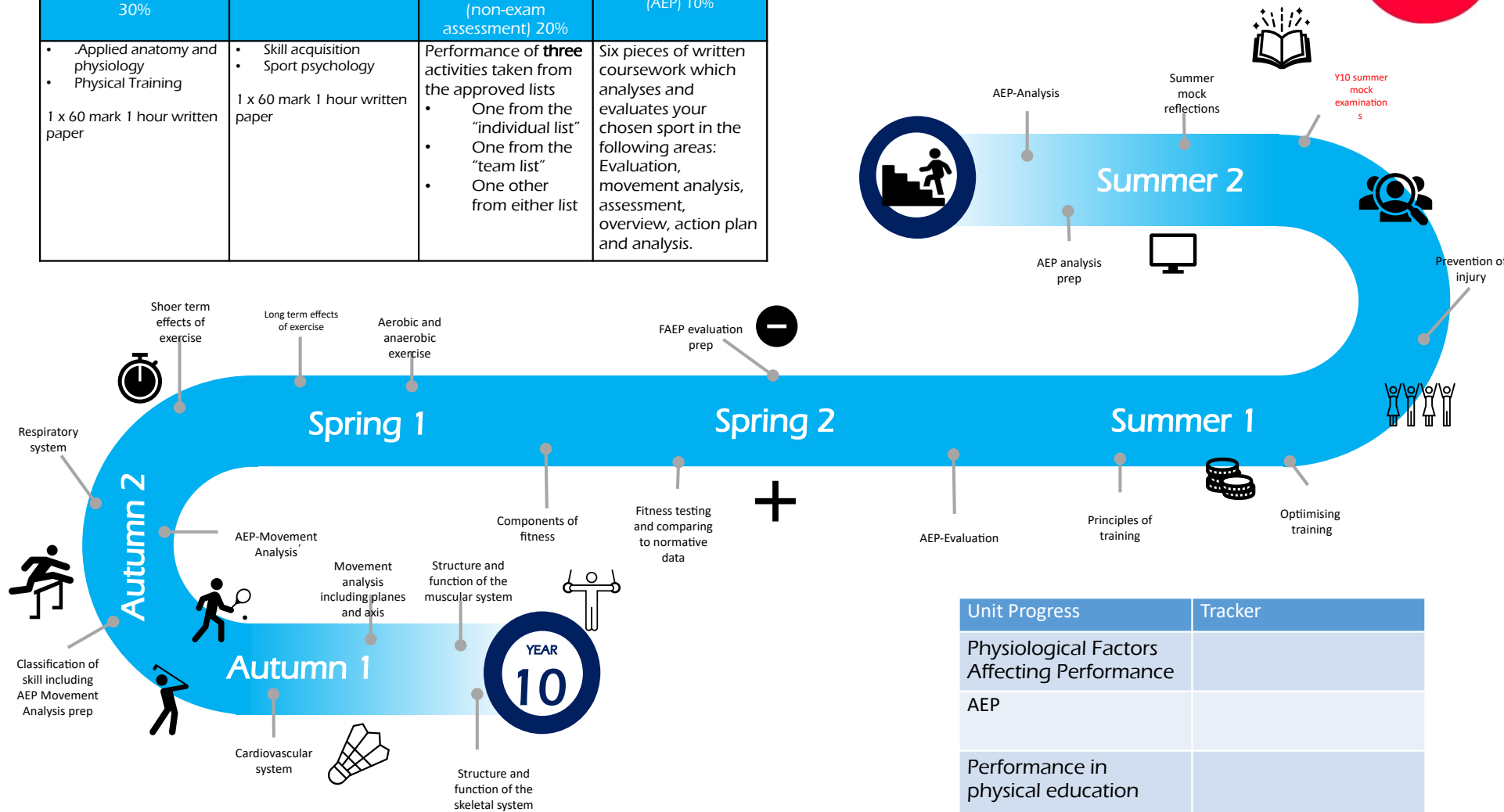
Your lessons will link to the 3 pillars of progression.

- 1) Motor competence
- 2) Rules and strategies
- 3) Healthy participation

What will you be learning in Y10 GCSE PE?



Physical factors affecting performance 30%	Socio-cultural influences and sports psychology 30%	Performance in physical education (non-exam assessment) 20%	Analysing and Evaluating Performance (AEP) 10%
<ul style="list-style-type: none"> Applied anatomy and physiology Physical Training 1 x 60 mark 1 hour written paper	<ul style="list-style-type: none"> Skill acquisition Sport psychology 1 x 60 mark 1 hour written paper	Performance of three activities taken from the approved lists <ul style="list-style-type: none"> One from the "individual list" One from the "team list" One other from either list 	Six pieces of written coursework which analyses and evaluates your chosen sport in the following areas: Evaluation, movement analysis, assessment, overview, action plan and analysis.



Unit Progress	Tracker
Physiological Factors Affecting Performance	
AEP	
Performance in physical education	

Keep a track of your progress here:

