




**KEY**    Skills and techniques    Tactics and strategies    Healthy participation




**YR10**

## Y10 AUTUMN TERM 1



### Trampolining:

- How do I perform technically correct front and back landings?
- How do I sequence a fluent and complex routine?
- How are creative activities officiated?
- How can I effectively improve my flexibility?

### Dance:




-  How do I improve the accuracy and precision the set motif?
-  How can I create my own routine to music using a range of choreographical devices?
-  How do particular training methods influence my ability to dance?

### Healthy Participation:



-  How do I apply principles of training?
-  How do I use interesting training methods to develop different components of fitness?

## Y10 AUTUMN TERM 2

### Handball:




-  How do I shoot powerfully with good technique?
-  How do we perform set counter-attacking moves?
-  How do I train to improve my handball performance?

### Table Tennis:

-  How do I increase the power of my shots whilst maintaining accuracy?
-  How do we exploit our opponent's weaker shots?
- How can I effectively improve my agility to move around the table?




## Y10 SPRING TERM 1

### CEC Fitness Training (including boxercise):




-  How do I perform a technically correct cross and jab?
-  How do I develop the key components of fitness required to be successful in boxercise?
-  How can different training methods help me develop the adaptations needed to be successful in boxercise?

## Y10 SPRING TERM 2

### Badminton:




-  How do I develop my footwork to refine my shot technique?
-  How do I play a variety of shots to my advantage, exposing my opponent's weaknesses?
-  How do I officiate effectively?
- How would I train for badminton to improve my performance?

### Tennis:




-  How do I develop my footwork to refine my shot technique?
-  How do I play a variety of shots to my advantage, exposing my opponent's weaknesses?
-  How do I officiate in tennis?
- How would I train for badminton to improve my performance?

## Y10 SUMMER TERM 1

### Softball and rounders:




-  How do I disguise and refine my directional batting skills?
-  How do we get multiple outs when fielding?
-  How do I train for striking and fielding activities?

### Diamond Cricket:



-  How do I bowl with consistent line and length?
-  How do I base my shot selection on the pitch of the ball?
-  How would you apply principles of training for cricket?

## Y10 SUMMER TERM 2

### OAA:

-  How do I successfully use a map?
-  How do I work as part of a team to solve complex problems?
-  How do I improve my fitness for OAA activities?
- What OAA activities are available to me?




### Athletics:

-  How do I use momentum and centre of mass to refine my technique?
-  How can I tactically run middle and long distance events in order to achieve the best possible time?
- How do I apply fitness training methods to gain athletic-based physique adaptations?




## Y11 AUTUMN TERM

**YR11**

### Tennis:




-  How do I use a volley effectively?
-  How do I employ my own gameplan based on the strengths and weaknesses of myself and my opponent?
-  How does tennis impact upon my physical and mental health?
- How do I continue to take part in tennis after I leave year 11?

### Handball:




-  How do I add elements of deception and flair when passing and shooting in during attack?
-  How do we make use fast ball movement to create gaps?
-  How does physical activity have positive impacts on my mental health?
- How do I continue to take part in handball after I leave year 11?

## Y11 SPRING TERM 1

### CEC Run and Fitness Training (including boxercise):




-  How do I combine music and dance with boxing to improve my guard, jab and footwork?
-  How do I construct a jab sequence whilst maintaining my balance?
-  What other opportunities are open to me in sport other than being a performer?
- How do I continue to take part in martial arts or boxercise after I leave year 11?

### Table Tennis:




-  How do we add different types of spin to our shots in order to deceive the opponent?
-  How do select different types of shot in order to control a rally?
-  What other opportunities are open to me in sport other than being a performer?
- How do I continue to take part in table tennis after I leave year 11?

## Y11 SPRING TERM 2




### Volleyball:

-  How do I perform digs, sets and spikes with consistent accuracy?
-  How do I know which shots I should take and which I should leave for others to take?
-  What other opportunities are open to me in sport other than being a performer?
- How do I continue to take part in volleyball after I leave year 11?

### Badminton:

-  How do I disguise different attacking shots in order to create greater space?
-  How do I vary my shot selection in order to tire out my opponent?
-  How does physical activity improve my mental health and well-being?
- How do I continue to take part in Badminton after I leave year 11?

### Athletics:

-  How do I improve my existing technique using technology as an aid?
-  How do I implement tactics based on own physical strengths and weaknesses
- How does physical activity have positive impacts on my mental health?
-  How do I continue to take part in summer sports after I leave year 11?

## Y11 SUMMER TERM 1

**KS5**