



**Academic Learning Plan
Year 10 PE**

The specific order of activities is individual to each teaching group and can be found on the programme of study document. The activity order for each group considers the seasons of various sports as well as the need and availability of the required facilities and resources (i.e. gymnastics requires access to the sports hall, rugby season in Somerset schools is in the autumn term). Minor differences in the boy's/girl's curriculum reflect the needs of South Somerset School's interschool fixtures. Where a sport is not covered by a boy's or girl's group in curriculum time, opportunities exist to participate in the sport during extra-curricular time. Over the 5-year learning students will experience every sport at least twice in curriculum time. Students will also take part in drop-down cross-country lessons throughout the year.



	Rugby (Boys)	Hockey (Girls)	Netball	Football	Badminton	Basketball	Table Tennis	Athletics	Softball (Boys)	Rounders (Girls)
Skills	Passing & receiving at speed/increasing distances (spin passing) Kicking (drop, grubber and box) & catching Line outs Mauling Passing out of the tackle 5-man scrums Jackling Side stepping Dummy passes Hand offs	Passing (push, drive, slap hit), reverse stick passing and receiving (grip/body position, reverse) Tackling (block, jab) Dribbling (Indian dribble) Attacking principles Defending principles (marking – player with/without ball/shadowing) Shooting Set plays – short corners Positions Gameplay Officiating/refereeing	Passing Shooting - stepping Footwork / Ball Handling Positions Outwitting opponents Role of umpire/officiating Defending principles – marking player with/without ball, shadowing, interception,	Passing Shooting - stepping Footwork / Ball Handling Positions Outwitting opponents Role of umpire/officiating Defending principles – marking player with/without ball, shadowing, interception,	Low/high/Flick serve Overhead clear Drop Shot Lift/Underarm clear Smash Drive Shot disguise	Passing & Receiving – chest pass, bounce pass, overhead pass Dribbling & Pivoting Shooting – Set shot and Lay-up Marking Rules and Scoring Gameplay	Forehand – chop and top spin Backhand – chop and top spin Serve – high toss, spin Rules and Scoring Gameplay	Jumps – long jump, high jump, triple jump Throws – shot putt, javelin, discuss Sprints – 100m, 200m, 300m, 400m Long distance – 800m, 1500m Pacing, Sprint starts, bend running, take out and landing, travel and release phase	Batting – ball striking Bowling – Underarm Fielding – Catching, ground fielding, throwing Rules and Scoring Gameplay - tactics	Bowling Fielding Batting Positional roles Tactics Officiating / umpiring
Knowledge	Passing tactics (loops, misses, switches, dummies). Positional requirements Pitch markings Breakdown management	Understand when/where to pass/shoot/tackle. Understand which pass to make. Positioning and organisation at set pieces. Rules of the game including complex rules. Effectively officiate a game using the correct terminology/hand gestures Advanced tactics – attacking, defensive positions and ploys – man marking, zonal marking. Awareness of strengths/weaknesses and actions of other players. Know location of local clubs.	Advantages of different types of pass. Understand when/where to pass/shoot/dodge. Positioning and organisation at set pieces. Recognise if others infringe the rules. Advanced rules of the game. Able to explain, coach and umpire a game with a good level of success (including referee signals) Advanced tactics – attacking, defensive positions. Awareness of strengths/weaknesses and actions of other players. Know location of local clubs.	Understand when and where to pass/shoot/dodge Understand which pass to make. Positioning and organisation at set pieces. Recognise whilst playing if others infringe the rules. Can describe some of the more advanced rules of the game. Is a able to explain, coach and umpire a game with a good level of success (including referee signals) Advanced tactics – attacking, defensive positions. Awareness of strengths/weaknesses and actions of other players. Location of local clubs.	Rules Scoring Single tactics Double tactics Selecting & applying shots Court positioning Singles/doubles court differences	Recognise whilst playing if others infringe the rules. Can describe some of the more advanced rules of the game. Is a able to explain, coach and umpire a game with a good level of success. Know location of local clubs	Knows the more complex rules and ensures they are applied whilst umpiring. Has a great tactical knowledge and awareness when playing which aids their performance. Know location of local clubs	Distances & start lines for all key track events. Can explain which types of fitness are important for Athletic events (Sprinting = speed, throws = power/strength, running= muscular endurance/CV fitness) Concept of heats & finals. Key coaching points for all throwing, jumping and running events.	Is able to correct others if they do not apply the rules of the game correctly whilst playing. Can describe some of the more advanced rules of the game. Can explain which types of fitness are important for S & F sports (coordination). Is able to effectively umpire a game and keep score accurately. Use the correct umpire signals and commands while officiating.	Knows all rules of the game including complex rules. Is able to effectively umpire a game and keep score accurately. Use the correct umpire signals and commands while officiating. Advanced tactics. Know location of local clubs.
Key Words	Full back, scrum half, front row, prop, hooker, second row/locks, fly half, winger, centres, jackling	Short corner, 16 yard hit out, penalty flick, obstruction, left/right wing, centre forward, inside left/right, centre half, left/right half, left/right back, push, drive, hit, drag, slap, scoop, Indian dribble, reverse, block, jab, zonal/man marking	Chest pass, overhead pass, bounce pass, shoulder pass. Rebounds, Footwork, court positions, held ball, replayed ball, obstruction, Stage 1 / stage 2 / stage 3 defending, dodging, stepping, pivoting	Chest pass, overhead pass, bounce pass, shoulder pass. Rebounds, Footwork, court positions, held ball, replayed ball, obstruction, Stage 1 / stage 2 / stage 3 defending, dodging, stepping, pivoting	Rally Point Racket Shuttle Court Serve Smash Overhead clear Rally	Lay-up Dribbling BEEF – set shot Double dribble Chest/bounce/overhead pass Pivot Travelling Marking	Table, Net, Bat, Ball Serve, return Chop/slice Top/side spin Block Forehand and backhand Smash	Javelin Discuss Shot putt Sprint Long distance Pacing Long Jump Triple Jump High jump	Bases – 'home plate', 1 st , 2 nd , 3 rd Batter Pitcher Strike Home run Foul ball In/out/safe	Donkey drop, spin, batting order, field placements, long barrier, backing up, batting – placement of hit

Enrichment

Students have numerous opportunities to enrich what they have learnt in lessons through regular lunchtime and afterschool clubs, fixtures, inter- house games, as well as the opportunities to lead and officiate during Crewkerne and Ilminster School Partnership (CISP) primary sports events. Current lunch and afterschool club timetables can be found on the PE section of the school website.