Core PE Year 10 Curriculum End Points and key vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Unit of Work	Sport Education – Winter Term Invasion games	Winter Term Sports – Handball, Alternative Fitness and Table Tennis	Alternative Sports – Alternative Fitness, Table Tennis and Handball	Alternative Sports – Korfball, Basketball and Tag Rugby	Sport Ed – Summer Term Sports	Alternative Sports – Alternative Rounders
Location	Courts, Astro, Sports hall	Activity Studios x 2, Sports hall	Activity Studios x 2, Sports hall	Sports hall, Courts, Astro	Astro and Field	Astro and Field
No of Lessons	7 lessons	4 lessons of each sport on rotation (12 in total)		2 lessons on each sport	6 lessons	7 lessons
Ethos Links	Character – confidence, resilience Learning Habits: Creating, Innovating	Milton Keynes, STEM Learning Habits: Linking, concentrating, Resilience	Milton Keynes, Sustainability Learning Habits: Listening, problem solving	Milton Keynes, STEM Learning Habits: Linking, concentrating, Resilience	Character – confidence, resilience Learning Habits: Creating, Innovating	Milton Keynes, Sustainability Learning Habits: Listening, problem solving
Knowledge	By the end of this unit students will know and understand: • Types of Roles that people are involved with in PE • How team sports operate	By the end of this unit students will know and understand: • Basic rules of handball – how to pass, dribble and shoot • Basic rules of table tennis – how to serve and score a point	By the end of this unit students will know and understand: • Importance of physical activity links to physical wellbeing and mental wellbeing	By the end of this unit students will know and understand: • Importance of physical activity links to physical wellbeing and mental wellbeing • Basic rules of Korfball • Rules of Tag Rugby and Basketball	By the end of this unit students will know and understand: • Types of Roles that people are involved with in PE • How team sports operate with striking and fielding	By the end of this unit students will know and understand: • How to adapt games of rounders • How skills transfer between striking and fielding games

Key Vocabulary	Manager Coach Captain Psychologist Strength and Conditioning Coach Kit Person Teamwork Warm-Up	Dribble Jump Shot Defensive Wall Spin Shot Forehand Backhand Smash Drive Goalkeeper Free Throw	Wellbeing Physical Activity Heart rate Muscular endurance Muscular strength Transferable skills Invasion game Attack Defence	Transferable skills Invasion game Attack Defence Rebound Marking Shooting Tackling	Manager Coach Captain Psychologist Strength and Conditioning Coach Kit Person Teamwork Warm-Up	Attacking Hit Defensive hit Reverse Hit Long Barrier Short barrier Back stop Bowler First Base Out fielder