

Year 10-11 Curriculum skeleton – PE Core

		Year 10	Year 11
Autumn 1		Sample pathway	Sample pathway
	Focus	Invasion games: football, netball.	Invasion games: football, netball, basketball
	Skills	<ul style="list-style-type: none"> • Develop skills and tactics • Follow laws of the game • Take responsibility for own role within a team 	<ul style="list-style-type: none"> • Use tactics and strategies to overcome opponents • Apply the laws of the game, demonstrating sportsmanship • Take responsibility for own role within a team
Autumn 2	Focus	Racket games: badminton, table tennis	Use of the fitness suite
	Skills	<ul style="list-style-type: none"> • Improve coordination and tactical awareness • Develop effective leadership • Develop personal fitness 	<ul style="list-style-type: none"> • Develop personal fitness • Understand the importance of healthy, active lifestyle • Overcome personal physical challenges
Spring 1	Focus	Other competitive sports: Trampolining, volleyball	Racket games: badminton, table tennis
	Skills	<ul style="list-style-type: none"> • Understand technical performance of movements • Adhere to safety requirements • Evaluate performance 	<ul style="list-style-type: none"> • Use tactics and strategies to overcome opponents • Follow rules and apply scoring systems • Develop personal fitness
Spring 2	Focus	Invasion games: hockey	Other competitive sports: Trampolining, volleyball
	Skills	<ul style="list-style-type: none"> • Apply resilience and problem solving • Use tactics and strategies to overcome opponents • Apply rules to competitive situations 	<ul style="list-style-type: none"> • Understand technical performance of movements • Adhere to safety requirements • Evaluate and improve performance
Summer 1	Focus	Racket games: tennis	Racket games: tennis
	Skills	<ul style="list-style-type: none"> • Develop skills and tactics • Follow rules and apply scoring systems • Develop leadership skills, operating tournaments 	<ul style="list-style-type: none"> • Apply skills and tactics to overcome opponents • Develop officiating skills • Utilise leadership skills
Summer 2	Focus	Striking and fielding games: rounders, cricket	Striking and fielding games: rounders, cricket
	Skills	<ul style="list-style-type: none"> • Fielding – throwing and catching • Bowling and batting • Strategies to outwit opponents 	<ul style="list-style-type: none"> • Fielding – throwing and catching • Bowling and batting • Follow rules and apply scoring systems