## Sandbach School PE Curriculum:

Year 10 Core PE Curriculum Sequence

Intent: Maximising Participation & Developing Excellence, ensuring students maintain an interest and participation level that they are motivated to partake regularly

<u>HT1</u>	<u>HT2</u>	<u>HT3</u>	<u>HT4</u>	<u>HTS</u>	<u>HT6</u>
Invasion games + Racket sports + Healthy and active lifestyle pathways	Invasion games + Racket sports + Healthy and active lifestyle pathways	Invasion games + Racket sports + Healthy and active lifestyle pathways	Invasion games + Racket sports + Healthy and active lifestyle pathways	Striking & Fielding + Athletics +Invasion games + Healthy and active lifestyle pathways	Striking & Fielding + Athletics +Invasion games + Healthy and active lifestyle pathways
Why this unit?	Why this unit?	Why this unit?	Why this unit?	Why move onto these units?	Why move onto these units?
Following from the previous year's activities, we begin our learning pathways throughout KS4. Students are guided through both a performance and participation pathway.  Performance pathway encourages students to take part in competitive scenarios across different sports and activities, promoting development of performance alongside stretching tactical knowledge in sport.  Participation pathway aims to promote lifelong love of sport and physical activity, giving students opportunities across a variety of sports.  Students who may begin to disengage with sport at this age are allowed selection of their activities with likeminded others with a broad spectrum of invasion games, rackets sports and healthy and active lifestyle pathways being offered all throughout the year	Following from the previous year's activities, we begin our learning pathways throughout KS4. Students are guided through both a performance and participation pathway.  Performance pathway encourages students to take part in competitive scenarios across different sports and activities, promoting development of performance alongside stretching tactical knowledge in sport.  Participation pathway aims to promote lifelong love of sport and physical activity, giving students opportunities across a variety of sports.  Students who may begin to disengage with sport at this age are allowed selection of their activities with likeminded others with a broad spectrum of invasion games, rackets sports and healthy and active lifestyle pathways being offered all throughout the year	Following from the previous year's activities, we begin our learning pathways throughout KS4. Students are guided through both a performance and participation pathway.  Performance pathway encourages students to take part in competitive scenarios across different sports and activities, promoting development of performance alongside stretching tactical knowledge in sport.  Participation pathway aims to promote lifelong love of sport and physical activity, giving students opportunities across a variety of sports. Students who may begin to disengage with sport at this age are allowed selection of their activities with likeminded others with a broad spectrum of invasion games, rackets sports and healthy and active lifestyle pathways being offered all throughout the year	Following from the previous year's activities, we begin our learning pathways throughout KS4. Students are guided through both a performance and participation pathway.  Performance pathway encourages students to take part in competitive scenarios across different sports and activities, promoting development of performance alongside stretching tactical knowledge in sport.  Participation pathway aims to promote lifelong love of sport and physical activity, giving students opportunities across a variety of sports. Students who may begin to disengage with sport at this age are allowed selection of their activities with likeminded others with a broad spectrum of invasion games, rackets sports and healthy and active lifestyle pathways being offered all throughout the year	Sports are slightly altered to align with summer sports that we cover post Easter.  Options offered are still delivered to students in streamed groups. The delivery of activities is tailored to the needs of the students, striking and fielding can be used to develop the throwing and catching ability of the less able students who still require improvements on their motor skills.	Sports are slightly altered to align with summer sports that we cover post Easter.  Options offered are still delivered to students in streamed groups. The delivery of activities is tailored to the needs of the students, striking and fielding can be used to develop the throwing and catching ability of the less able students who still require improvements on their motor skills.
Examples of activities used to deliver Invasion games.	Examples of activities used to deliver Invasion games.	Examples of activities used to deliver Invasion games.	Examples of activities used to deliver Invasion games.	Examples of activities used to deliver Invasion games.	Examples of activities used to deliver Invasion games.
Football, Hockey, Basketball, Multi Cultural sports	Football, Hockey, Basketball, Multi Cultural sports	Football, Hockey, Basketball, Multi Cultural sports	Football, Hockey, Basketball, Multi Cultural sports	Football, Hockey, Basketball multi Cultural sports	Football, Hockey, Basketball, Multi Cultural sports
Examples of activities used to deliver racket sports.	Examples of activities used to deliver racket sports.	Examples of activities used to deliver racket	Examples of activities used to deliver racket sports.	Examples of activities used to deliver racket sports.	Examples of activities used to deliver racket sports.
Badminton, Table Tennis, Rocket Ball	Badminton, Table Tennis, Rocket Ball	sports.	Badminton, Table Tennis, Rocket Ball	Badminton, Table Tennis, Rocket Ball	Badminton, Table Tennis, Rocket Ball
Examples of healthy and active lifestyle sports	Examples of healthy and active lifestyle sports	Badminton, Table Tennis, Rocket Ball	Examples of healthy and active lifestyle sports	Examples of healthy and active lifestyle sports	Examples of healthy and active lifestyle sports
Swim group (personal survival, kayaking, water polo, competitive swimming)     Gym groups (Cardio, weights, circuits)	Swim group (personal survival, kayaking, water polo, competitive swimming)     Gym groups (Cardio, weights, circuits)	Examples of healthy and active lifestyle sports  - Swim group (personal survival, kayaking, water polo, competitive swimming)  - Gym groups (Cardio, weights, circuits)	- Swim group (personal survival, kayaking, water polo, competitive swimming) - Gym groups (Cardio, weights, circuits)	Swim group (personal survival, kayaking, water polo, competitive swimming)     Gym groups (Cardio, weights, circuits)	Swim group (personal survival, kayaking, water polo, competitive swimming)     Gym groups (Cardio, weights, circuits)
Teaching these things here supports:  KS3 Schemes of work  Lifelong participation pathway  Academic PE pathway-NEA  Extra curricular participation	Teaching these things here supports:  KS3 Schemes of work  Lifelong participation pathway  Academic PE pathway-NEA  Extra curricular participation	Teaching these things here supports:  KS3 Schemes of work  Lifelong participation pathway  Academic PE pathway-NEA  Extra curricular participation	Teaching these things here supports:  KS3 Schemes of work  Lifelong participation pathway  Academic PE pathway-NEA  Extra curricular participation	Teaching these things here supports:  KS3 Schemes of work  Lifelong participation pathway  Academic PE pathway-NEA  Extra curricular participation	Teaching these things here supports:  KS3 Schemes of work  Lifelong participation pathway  Academic PE pathway-NEA  Extra curricular participation
These topics feed from:  All previous KS3 and KS4 sports delivered	These topics feed from:  All previous KS3 and KS4 sports delivered	These topics feed from:  All previous KS3 and KS4 sports delivered	These topics feed from:  All previous KS3 and KS4 sports delivered	These topics feed from:  All previous KS3 and KS4 sports delivered	These topics feed from:  All previous KS3 and KS4 sports delivered