

Overview of Year 10 Curriculum P.E

During year 10 the pupils start to tackle complex and demanding activities, applying their knowledge of skills, techniques and effective performance. They decide whether to get involved in physical activity that is mainly focused on competing or performing, on promoting health and well being, or on developing personal fitness.

They begin to decide on which roles suit them best including performer, coach, leader and official. The view they have of their skillfulness and physical competence gives them the confidence to get involved in exercise and activity out of school and in later life.

Homework

Homework requires the pupils to practise and develop movement skills for each activity covered.

The pupils will be required to provide evidence of their understanding of Physical Education by producing a personal exercise plan for a specific activity of their choice.

Assessment

Each physical activity will be operated on a fixed time unit at the end of which the pupils will be formally assessed on Acquiring and Developing Skills, Selecting and Applying Skills, Evaluating and Improving Skills, Developing Knowledge of Understanding of Fitness and Health

The pupils will also have the opportunity to complete a self-assessment sheet for each of the activities.

They will also be required to understand and complete assessment for learning tasks. This involves the pupils in the assessment process and helps teaching and learning.

How Parents can help

1. By ensuring that your son has the correct P.E. kit for each activity as shown on his timetable. (indoor/outdoor lessons, football boots are essential in the winter months)
2. By naming all items of his P.E. Kit.
3. By ensuring that your son participates fully in the physical education programme.
4. By encouraging your son to attend clubs or after school practices/matches. Your support at the games field will be much appreciated.