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# PE YEAR 10 Curriculum Newsletter

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## Curriculum Intent

A high-quality Physical Education curriculum inspires all students to participate in a broad and balanced curriculum.

It should provide opportunities for students to become physically confident in a way which supports their health and fitness.

Opportunities to compete in sport and other activities, build character and help to embed values such as fairness and respect. We also aim to develop the social and emotional well-being of our students.

## Year 10 Curriculum

Our Physical Education curriculum includes invasion games, striking and fielding games, net/wall games, athletics and healthy lifestyles which provides students with a well-rounded education that promotes physical activity and encourages lifelong fitness habits.

In addition to these traditional physical activities, the curriculum also includes inclusive sports such as sitting volleyball, boccia, goalball and blind football. In Year 10, students continue with one CORE PE lesson a week.

Sports Studies students start the year with the Outdoor Education unit. This involves putting up tents, cooking on Trangia sets and planning hillwalking expeditions. GCSE students have followed one theory lesson and one practical lesson a week.

They have concentrated on mastering their sports to be moderated as well as preparing for their exams that they will take in Year 11. In Year 10 students will continue to develop their character and physical competence as well as increasing their knowledge and understanding of the value of life long participation in Sport.

This is done by ensuring lessons are both engaging and purposeful as well as additional opportunities for pupils to 'try something new' in the form of taster sessions.




Students should tackle complex and demanding physical activities. They should get involved in a range of activities that develop personal fitness and promotes an active, healthy lifestyle.

## Assessment Points




In Year 10, students are given effort marks in CORE PE. For Sport Studies, students submit their first unit of work in May, which is the Outdoor Unit. GCSE Students are marked for their practical ability in their chosen sports across the year.

### Immerse Yourself

#### EverLearner PE Revision

-  Develop Skills
-  Tests and Topics
-  PE Revision at Home

#### BBC Bitesize GCSE PE

-  Get Revising Quicker!
-  Quizzes and Links
-  Study Support and Revision

Students can use GCSE BBC Bitesize, along with a range of revision tools:

- The EverLearner PE Revision
- Seneca GCSE PE Revision

If they are struggling with topics in lessons or want to enhance their learning in the classroom then these resources are ideal for covering content at home.

## Test Your Knowledge with Quizlet...

Quizlet's Y10 PE flashcards are a fantastic way to memorise relevant PE knowledge to help you with your studies. Click on the icon below to start!



# Praise and Reward

Our rewards system can be broadly split into four categories: classroom level, subject level, school level and privilege rewards. We'll focus on classroom and subject rewards here - for more information about our rewards schemes, please see our website.

## CLASSROOM LEVEL REWARDS

Awarded for: working hard, taking risks and rising to a challenge, making mistakes and learning from them, helping others, and taking pride in the school community.

Rewarded by: praise postcards, positive phone calls to parents/carers, positive text messages home, and lesson based prizes.

## SUBJECT LEVEL REWARDS

Reward scheme: Star of the Week, Curriculum Awards (Subject/School Way, Participation, Working with Pride, Embracing the Whole Curriculum), High Flyer, Extra Mile, Most Improved.

Rewarded by: names displayed on reward boards, certificates, social media posts.

# Broadening Horizons

Across the trust, there have been many opportunities for Year 10 to get involved in broadening their horizons in sport.

These include; the movement dance festival, ski trips, climbing events, football tours, Duke of Edinburgh Award, a day at Ulley Reservoir, and trips to the Rotherham Civic Theatre and London to see live dance shows.



## World Challenge UK

Leap outside your bubble and experience a place where traditional crafts and tribal dancing are a genuine part of daily life, and where wild mountains and teeming jungles are the last habitats of their kind.

## Duke of Edinburgh

The aim of the DofE Bronze Award is to help young people develop new skills, improve their fitness, contribute to their community, and experience adventure. Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving and team-working.



# Careers

We run a series of 'Careers in the Curriculum' weeks in our school. For PE, this week takes place in the winter term.

Students take part in activities to encourage them to think about how what they learn in the classroom can be applied in a number of future careers.

In Y10, they have discussed studying PE at A level, and the careers it can lead you to in the future. Learning about sport, fitness and the human body, in addition to all the life skills you learn in PE, you are well equipped to go into a wide range of jobs and careers. Click on the image below to listen to A level PE students talking about why they chose to study PE at a higher level.



## The PE Way

We make Healthy Life choices, We show effort and determination, We participate in a safe manner, We solve problems, We are creative, Its about the we not the me, We are team players, We self-reflect and analyse, We are team players, We show good sportsmanship.

**THE PE WAY**

**WE MAKE HEALTHY LIFE CHOICES**

- We show effort & determination
- We participate in a safe manner
- We solve problems

**WE SHOW RESILIENCE WHEN WE FIND IT TOUGH**

- We are creative
- Its about the **WE not the ME**
- We self-reflect & analyse
- We are team players
- We show good sportsmanship

**SUBJECT WAYS**

Have your say! ✨

At WPT we're always looking for feedback. If you have any thoughts/opinions on this Curriculum Newsletter, its content or the curriculum in general, please click on the title to fill out a short feedback form.