

## DAGENHAM PARK SUBJECT CURRICULUM

Subject	Physical Education
Year Group	10 & 11 core
<b>Overview</b>	<p>Pupils are taught two hours of Physical Education each week. The schemes of learning are based on the National Curriculum, which ensures pupils are taught a range of sports.</p> <p>Each lesson in the KS4 PE curriculum provides pupils with an opportunity to revisit skills and techniques covered in year 7, 8 &amp; 9. Pupils will be offered the opportunity to implement these skills and techniques in competitive situations.</p> <p>In year 10 and 11, there is a greater focus on pupils' ability to adapt in match/game situations. Pupils will be assessed on their ability in making effective decisions in changing situations. They will also be challenged to use tactics, strategies and formations effectively in the aim of outwitting an opponent.</p> <p>Pupils will be provided further opportunities to develop their techniques in other competitive sports such as Athletics. They will be challenged to perform at their personal best and sustain their performance over time.</p> <p>Pupils will further develop their understanding of a healthy and active lifestyle. They will understand the importance of exercise and develop good habits that they can take forward so that they lead healthy active lives. They will develop an understanding of nutrition and the impact it plays on physical and emotional health.</p>
<b>Autumn Half term 1 &amp; 2</b>	<p>During the autumn term, pupils will learn/develop a range of skills, techniques, and tactics in the following sports:</p> <ul style="list-style-type: none"> <li>• Basketball</li> <li>• Table tennis</li> <li>• Fitness</li> <li>• Football</li> <li>• Netball</li> </ul>
<b>Spring Half term 1 &amp; 2</b>	<p>During the spring term, pupils will learn/develop a range of skills, techniques, and tactics in the following sports:</p> <ul style="list-style-type: none"> <li>• Basketball</li> <li>• Table tennis</li> <li>• Fitness</li> <li>• Football</li> <li>• Netball</li> <li>• Badminton</li> </ul>

<p><b>Summer Half term 1 &amp; 2</b></p>	<p>During the autumn term, pupils will learn/develop a range of skills, techniques, and tactics in the following sports:</p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Cricket</li> <li>• Handball</li> <li>• Rounders</li> </ul>
<p><b>Homework</b></p>	<p>Theory homework will be set throughout the course of the year, particularly when studying Fitness.</p> <p>Pupils are encouraged to attend extracurricular clubs. A Timetable is produced for each ½ term to provide a range of sporting opportunities.</p> <p>The school has sports teams in a range of sport and takes part in borough leagues and cups. Fixtures are played throughout the year.</p>
<p><b>Useful Resources</b></p>	<p><a href="http://www.teachpe.com">Welcome To TeachPE.com - TeachPE.com</a>  <a href="http://www.bbc.com/bitesize">GCSE Physical Education - BBC Bitesize</a></p>