

# Curriculum Summary Document

## Year 10 – Physical Education

Module/Unit of Learning	Taught During	What will students learn?	How does this support students to lead healthy, active lives into adulthood?	Links to other Subjects
Invasion Games & Team Sports	Autumn Term	<p>Students refine advanced skills in rugby, football and other invasion activities. They develop effective strategies, communication, movement and decision-making.</p> <p>Students learn how teamwork and cooperation impact performance and how physical activity contributes positively to overall wellbeing.</p>	<p>Students build confidence engaging in team-based physical activity, a key contributor to maintaining an active lifestyle in adulthood.</p> <p>They learn how regular participation supports physical fitness, social wellbeing and stress reduction, helping them form positive long-term habits.</p>	<p>Oracy: developing precise spoken explanation</p> <p>Science: understanding body systems and long-term health</p>
Net/Wall Games & Physical Training	Autumn/Spring Term	<p>Students develop control, precision and tactical awareness in badminton, tennis and similar sports.</p> <p>They take part in structured fitness training, exploring aerobic and anaerobic activities to understand how regular exercise improves strength, stamina and long-term health.</p>	<p>Students develop knowledge of training methods, physical conditioning and the benefits of active living.</p> <p>They learn how to exercise safely, monitor intensity and make informed choices about physical activity—core skills for sustaining lifelong health and fitness.</p>	<p>Maths: interpreting performance data and pacing strategies</p> <p>PSHE: making informed lifestyle and wellbeing choices</p>
Athletics & Striking/Fielding Activities	Spring/Summer Term	<p>Students develop effective sprinting, jumping and throwing techniques while understanding pacing and safe training habits.</p> <p>In striking/fielding sports such as cricket or rounders, they refine technical accuracy, coordination and teamwork while staying active and engaged.</p>	<p>By improving competence, motivation and knowledge of different activity types, students gain the confidence to take part in varied physical activities beyond school.</p> <p>They learn how to set goals, track progress and take responsibility for staying active throughout life.</p>	