



Year 10 Core Physical Education

Curriculum Leader: Mrs Claire Pharaoh

The PE Department have high expectations and aspirations for all of their students. Our aim is that every student at The Gilberd School will commit to fulfilling their potential through a broad spectrum of skills alongside knowledge and understanding of the importance of a healthy, active and balanced lifestyle. Our students will foster resilience and creativity experiencing different areas of activity through which we aim to empower students to show integrity, make wise choices, meet challenges, exhibit positive behaviours and demonstrate compassion by showing respect for others and developing interpersonal skills. We believe that positive participation in physical education will leave students with the ambition to succeed in all aspects of their school life and beyond, and ultimately facilitate lifelong participation in physical activity and sport.

We offer a wide range of sports and activities through our extra-curricular programme which is available to all students, throughout the year, on a competitive and social basis. These are free of charge and can be attended at any point in the term. Those wishing to compete have the opportunity to represent the school at local, regional and national events in various different activities.

Topics to be covered in Year 10

	Term 1	Term 2	Term 3
Topics to be covered	They will have a specialist focus; Competition & Performance, Leadership, Fitness & Health across the following activity domains: Invasion Games, Net Games, Field & Striking, Health Related Fitness, Athletics, Outdoor & Adventurous Activities, Gymnastic Activities and Leadership Activities.		
Skills to be developed	Students continue a broad and balanced PE experience, to promote enthusiasm and commitment. Through their specialist focus students will further develop the following skills; leadership, team work, independence, activity specific skills, strategies and tactics, resilience, refining technique, analyse and evaluate. We want the students to leave the Gilberd with the confidence to participate in a variety of physical activities and lead active, healthy lifestyles and to develop their techniques and refine their performance. Throughout year 10, students are given the opportunity to alter their pathway at each unit of work rotation. This allows our students to tailor their PE lessons to best suit their needs as their Gilberd career progresses.		
Opportunities for revisiting previous learning	Interleaving of skills is integral to the PE curriculum – this is highlighted by PE staff at the appropriate opportunity for each activity taught in order to build upon skills learnt in previous years/activities.		
When will formal assessment of progress take place?	At the end of the unit of work (4-5 weeks approx. depending on the activity/focus of the unit) based on practical performance, attitude to learning, behaviour and knowledge and understanding. Data collected based on focus of each group; Competition & Performance, Leadership and Fitness & Health. Added to G4S to inform data drop.		

Year 10 Useful Resources

Website Links

www.katsnetballclub.co.uk/

www.wtfc.org.uk/

www.stanwayrovers.co.uk/the-ladies-teams

www.laycoltsyfc.co.uk

www.colchestergymnastics.com

www.colchesterandtendringac.co.uk/

www.shaiklynetball.com/

www.colchesterharriers.co.uk

www.stanwayvillaafc.co.uk/

www.powercheer.co.uk/

www.fletchersfarm.co.uk

www.stanwaypegasus.co.uk

www.colchesterrugby.co.uk

www.allstarcommunityacademy.co.uk

www.colchestervillaafc.co.uk

www.communitybadminton.org

www.stanwayroversfc.co.uk

www.essexrebels.co.uk/

www.my.colchesterswimming.com/waterpolo

www.essexrebels.co.uk/volleyball/

www.my.colchesterswimming.com/

Marking, Assessment and Feedback

Over the course of an academic year students will complete a number of practical assessments, these will be used to assess where students are in their learning journey.

Through this, students will know where they are in their learning journey and what they need to do next to make further progress.

Contact Information:

If you would like to contact the PE Department please email: pe@gilberd.com.

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