

PE Year 10 Athletics

Year group 10	Subject: Athletics
Prior learning- linked to National curriculum	<p><i>This is delivered at this stage in year 9 to allow pupils to consistently applying the skills they have learnt at year 7 and year 8. Students are provided with a secure understanding of the content to apply their practical and theoretical understanding across a vast range of activities in the module.</i></p> <p><i>Students will utilise the prior learning they have obtained in year 7 and year 8 to apply the skills across the differing activities set out to challenge them appropriately. Students will apply these skills throughout year 9 and again can utilise the transferable skills from other modules within the PE curriculum consistently adding to their learning journey and supporting them ahead of entering KS4.</i></p>
Covid gaps	<p>Students need more time to be physically active and play in lessons as due to covid there are more prominent social, mental and physical health gaps. Our curriculum has been adapted for students to be more physically active to promote a more positive social, mental and physical health.</p>
Rationale	<p>Throughout athletic activities pupils will develop skills and techniques with a view to applying them appropriately. They will explore the best way to approach an activity and then perform at maximum levels. Progress will be judged upon personal improvement but competitive and challenging situations will be offered. Pupils will progress from individual and pair work to working in groups to plan, organise, prepare for and take part in competition and events in athletic activities. They will be expected to take the lead, coach and officiate.</p>
Vocabulary:	<p>Keywords Somatotypes, Pacing, Foot plant, Warm up, Sprint technique, Take off point, Cool down, Sprint Start, Changeover, Static stretches, Accuracy, Muscle groups, Estimate</p>
Cultural Capital:	<p>They will experience cultural capital through the university trips threaded through our accreditation and the links created with outside clubs during extra curricular activities and local partnerships within the local community.</p>

<p>Key assessments- name the assessments</p>	<p>End of module assessment on the topic.</p> <p>E To improve, you need to consistently apply skills, techniques and ideas in different physical activities, and comment on your own and others performances</p> <p>D To improve, you should link skills, techniques and ideas applying them accurately. Additionally, you should be able to explain the benefits of physical activity and the importance of exercising safely</p> <p>S To improve, you should use your skills in a wider range of activities, problem-solve, provide feedback, and lead practices consistently, understanding the benefits of living an active healthy lifestyle.</p> <p>M Continue to regularly plan and give feedback, adapt to changing circumstances, analyse performance, and promote safe physical activity for your health and well-being. Additionally, you lead activities and apply all rules consistently.</p>
<p>What do children know/ can do now (EDSM)</p>	<p>Pupils will now be able to perform and understand the basic rules and skills to be able to take part in the topic. Pupils will understand what they need to do in order to progress after their end of module assessment. Pupils know where they are within the EDSM grade after their end of module assessment and will have a clear understanding for how to improve next time.</p>