

Core P.E. Year 10N			
Learning Intentions Summer Term 1		2024-2025	
	Group One	Group Two	Group Three
Blue	OAA	OAA	OAA
Week 28 w/c 21 <sup>st</sup> April	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth as it's harder to see the opposition coming	Indoor: Trust games Blind fold games Obstacle course: Using benches, mats, cones, navigate way across the hall. Time their run and add tasks along the way Can set them tasks to do e.g. get the ball into the hula hoop, kick the football into the goal. Try non-verbal= students create own system. Develop listening skills, verbal skills, importance of keeping instructions simple.	River crossing: Using tyres, benches, mats Get your team to the other side. Focus upon speed as should build on knowledge from before.
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Week 30 w/c 5 <sup>th</sup> May	Indoor: Trust games Blind fold games Obstacle course: Using benches, mats, cones, navigate way across the hall. Time their run and add tasks along the way Can set them tasks to do e.g. get the ball into the hula hoop, kick the football into the goal. Try non-verbal= students create own system. Develop listening skills, verbal skills importance of keeping instructions simple.	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth as it's harder to see the opposition coming	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth as it's harder to see the opposition coming
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	Athletics	Athletics	Athletics
Week 31 w/c 12 <sup>th</sup> May	Shot Put: recapping the technique and measuring the throw	Sprints 100m	Sprints: 100m
Week 32 w/c 19 <sup>th</sup> May	Sprints: 100m	Shot Put: recapping the technique and measuring the throw	Javelin: Re Capping the technique and measuring the throw.
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