

Core P.E. Year 10S**Learning Intentions Summer Term 1****2024-2025**

	Group One	Group Two	Group Three
	OAA	OAA	OAA
Week 28 w/c 21 st 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.
	River crossing: Using tyres, benches, mats Get your team to the other side. Focus upon speed as should build on knowledge from before.	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
Week 29 w/c 28 th 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	River crossing: Using tyres, benches, mats Get your team to the other side. Focus upon speed as should build on knowledge from before.	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.

Week 30 w/c 5 th 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
	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	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
	Athletics	Rounders	Cricket
Week 31 w/c 12 th May	Javelin: Recapping the technique and measuring the throw.	Accurate & fast throws. Isolation practice of all the throws Then: 4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box.	Describe the use of the cut & hook shots (back foot) & when these shots would be used (short delivery) Apply the teaching points for these shots into practise Evaluate each other's ability to perform the skill practised in the lesson in a game situation
Week 32 w/c 19 th May	Sprints: 100m	Batting for accuracy Recap batting technique (grip, stance, action) T.P's; Bat out to side of body & sideways on. Pairs – underarm throw, hit back directly to partner. 4's – bowler, batter, backstop and retriever. Batter aims to hit ball through a coned target. Hit target= 1 point. Rules about stepping out of batting square.	Analyse the technique involved in bowling Apply variation (change of speed, length, flight) to improve personal bowling performance with the introduction of spin bowling (both off & leg) Evaluate personal performance and reflect on how improvements could be made
	Shot Put: recapping the technique and measuring the throw	Effective fielding team?	Students to understand how to score and to undertake the role and signals of the umpire

		<p>4's-3 fielders, 1 batter. How can fielders support each other? Judge/anticipate batter's hit + create tactics to outwit opposition. Link to full game.</p> <p>Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.</p>	To include Wide, no-ball, four, six, out, not out.
--	--	--	--