

Core P.E. Year 10 Learning Intentions Summer Half Term 2 2024-2025

	Group One	Group Two	Group Three
Red	Athletics	Rounders	Cricket
Week 33 wc 2 nd June	Relay 4x4m Baton Change over Organisation Team formation	Golden triangle: Explain the process: have quick practice games to let people have a go. Conditioned Game: Batters start with 5 points fielders take 1 point away for each out. Batters don't score just aim to stay in. Bonus points for fielders if do it in less than 5mins/10mins	Assessment lesson Describe the tactics used to be successful in cricket. Apply tactics discussed to your team's game. Evaluate team's performance and whether or not tactics were successful
Blue	Cricket	Athletics	Rounders
Week 34 wc 9 th June	Recap the basic skills from Cricket activities from KS3 Put into practice these skills in a small sided modified game Utilise these skills with increasing Speed, effectiveness and consistency in order to improve the chances of winning the game	Javelin: Re Capping 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	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.
Week 35 wc 16 th June	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? 4's-3 fielders, 1 batter. How can fielders support each other? Judge/anticipate batters hit + create tactics to outwit opposition. Link to full game. Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.

Week 36 wc 23 rd June	Students to understand how to score and to undertake the role and signals of the umpire To include Wide, no-ball, four, six, out, not out.	Sprint 200M or 800M Which suits best.	Golden triangle: Explain the process: have quick practice games to let people have a go. Conditioned Game: Batters start with 5 points fielders take 1 point away for each out. Batters don't score just aim to stay in. Bonus points for fielders if do it in less than 5mins/10mins
	Assessment lesson Describe the tactics used to be successful in cricket. Apply tactics discussed to your team's game. Evaluate team's performance and whether or not tactics were successful	Relay 4x4m Baton Change over Organisation Team formation	Tournament Assessment lesson. Students to openly discuss tactics Try to look for rules being broken
Red	Rounders	Cricket	Athletics
Week 37 wc 30 th June	Accurate & fast throws. Isolation practice of all the throws Then: 4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box.	Recap the basic skills from Cricket activities from KS3 Put into practice these skills in a small sided modified game Utilise these skills with increasing Speed, effectiveness and consistency in order to improve the chances of winning the game	Javelin: Re Capping the technique and measuring the throw.
Week 38 wc 7 th July	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.	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	Sprints: 100m
	Effective fielding team? 4's-3 fielders, 1 batter. How can fielders support each other? Judge/anticipate batters hit + create tactics to outwit opposition. Link to full game.	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

	Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.		
Week 39 wc 14 th July	Work Experience	Work Experience	Work Experience