

Core P.E. Year 10S Learning Intentions Spring Half Term 2 2024-2025			
10S	Group One	Group Two	Group Three
Blue	Rugby	Badminton	Choice activity
WEEK 22 wc 24 th February	Passing and moving recap: Drills covering passing technique Passing on the move Passing in lines backwards	Recall how to set up a badminton court. To be able to keep a rally using the correct serve, net shot and overhead clear. Apply tactics during the serve and rally to move an opponent around the court.	Students have the hall space or outside they can choose which activity they want to do collaborating over the next few lessons to give everyone a fair choice. Emphasis upon game play, officiating themselves
Red			
WEEK 23 wc 3 rd March	Small sided non tackle games Recall the rules in the game e.g. off-side/forward pass Students to get used to playing under pressure	To be able to perform the forehand & backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.	
	Tackling lesson: Safety and technique.	To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice.	
Blue			
WEEK 24 wc 10 th March	Full Tackle Games	Games Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots	
Red	Handball	Choice activity	Football
WEEK 25 wc 17 th March	Participants to understand the rules. How handball is played and to find success from transition play. <ul style="list-style-type: none"> • Play Beginner Handball. • Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and 	Students have the hall space or outside they can choose which activity they want to do collaborating over the next few lessons to give everyone a fair choice. Emphasis upon game play, officiating themselves	To demonstrate different types of passes in practise i.e. lofted, driven. To be able to outwit opponents with a variety of passes. To be able to perform these passes in a full sided game.

	<p>you must run when you have the ball – 2/3 steps to begin.</p> <ul style="list-style-type: none"> • Introduce new rules as the game goes on. 		
	<p>Playing Mini Handball with an overload in attack.</p> <p>Tactical awareness of adding width to the game.</p> <p>Initial positioning understanding (small sided games).</p> <ul style="list-style-type: none"> • Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball 		<p>To be able to outwit opponents using different types of skill and deceit. E.g. dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p> <p>To develop strategic and tactical play in a full sided game.</p>
<p>Blue</p> <p>WEEK 26</p> <p>wc 24th</p> <p>March</p>	<p>Introduce the concepts of defence – Blocking - Stealing -Intercepting –Tackling.</p> <p>Start immediately playing handball (full game of small sided game).</p> <p>Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students.</p>		<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.</p> <p>To appreciate how to adjust shot selection based on goalkeepers positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.</p>
<p>Red</p> <p>WEEK 27</p> <p>wc 31st</p> <p>March</p>	<p>Decision making in game like situations – Attack (over loading – gaining success)</p> <p>Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success)</p> <p>Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block.</p>		<p>To perform set plays & crosses using varying height, speed and positioning.</p> <p>To develop creativity in developing new strategies from corner kicks in attack and defence.</p> <p>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.</p> <p>To incorporate corner kicks, goalkeeping, defending and attacking strategies in full sided games.</p>
	<p>Tournament lesson:</p> <p>Students coach and decision make by themselves.</p>		<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>