

**Year: 10 Subject: Physical Education  
IMPLEMENTATION**

<p><b>INTENT</b>  (including key concepts and skills - 'Big Ideas')</p>	<p align="center"><b>Activities</b> <b>(1 lesson Per week)</b> <b>Games/Racket/striking &amp; fielding/athletics/fitness</b> <u>Context:</u> <u>Games/tactics - 4 lessons each activity</u> Football/Rugby/Netball/ Basketball/Hockey/Handball/ Badminton/Fitness/Dodgeball <u>Prior Learning</u> Isolated skills/developed drills conditioned games. Some competition &amp; tactics/ strategies <u>Key Vocabulary:</u> Tactics, formations, strategies, teamwork <u>Cultural Capital</u> <u>Co- curricular</u></p>	<p align="center"><b>INTENT</b>  (including key concepts and skills - Big Ideas')</p> <p align="center">Performance Health &amp; Fitness Leadership &amp; Character Knowledge &amp; Theory</p> <p align="center">Describe/Explain Apply to sporting situation/ examples Design Evaluate</p>	<p align="center"><b>Unit R181: Applying the principles of training: fitness and how it affects skill performance</b></p> <p><u>Context:</u> <u>Assignment based</u> <u>4 Learning Objectives</u> Topic Area 1: Components of fitness applied in sport Topic Area 2: Principles of training in sport Topic Area 3: Organising and planning a fitness training programme Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme <u>Prior Learning</u> Health Fitness and well being KS3 - fitness units testing, principles, methods components training plans <u>Key Vocabulary:</u> Principles Components methods <u>Cultural Capital</u> <u>Visit a local gym</u></p> <p><u>Co curricular</u></p>
Performance	X	Performance	X
Health & Fitness	X	Health & Fitness	X
Leadership & Character	X	Leadership & Character	X
Knowledge & Theory	X	Knowledge & Theory	X
<b>IMPACT</b>	<u>Assessment:</u>	<b>IMPACT</b>	<u>Assessment</u> L01/L02/L03/L04

