

Year 10 Long Term Scheme of Learning 2024-25

HELSEBY

High School



Subject: Core PE

Date	Exams/ Assess	Boys 1	Boys 2	Girls 1	Girls 2
2/9/24		(3G)	(GYM)	(COURTS)	(SH)
9/9/24					
16/9/24					
23/9/24					
30/09/24					
7/10/24					
14/10/24					
21/10/24					
4/11/24		(3G)	(FIELD)	(SH)	(GYM)
11/11/24					
18/11/24					
25/11/24					
2/12/24					
9/12/24					
16/12/24					
6/1/25		(GYM)	(SH)	(FIELD/3G)	(COURTS)
13/1/25					
20/1/25					
27/1/25					
3/2/25					
10/2/25					
24/2/25		(SH)	(FIELD/3G)	(GYM)	(FIELD/3G)
3/3/25					
10/3/25					
17/3/25					
24/3/25					
31/3/25					
21/4/25		(FIELD)	(FIELD)	(FIELD)	(COURTS)
28/4/25					
5/5/25					
12/5/25					
19/5/25					
2/6/25		(FIELD)	(COURTS)	(FIELD)	(FIELD)
9/6/25					
16/6/25					
23/6/25					
30/6/25					
7/7/25					
14/7/25					

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Pupils will be actively involved in designing their own curriculum based on the facilities available to their group. They will tackle complex and demanding physical activities and get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils will be given the opportunity to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.