

Year 10 Long Term Scheme of Learning 2025-26

Subject: Core PE

HELSBY

High School



Achieving Success
Valuing Others

Date	Exams/ Assess	Boys 1	Boys 2	Girls 1	Girls 2
1/9/25		(3G)	(GYM)	(COURTS)	(SH)
8/9/25					
15/9/25					
22/9/25					
29/9/25					
6/10/25					
13/10/25					
20/10/25					
3/11/25		(3G)	(FIELD)	(SH)	(GYM)
10/11/25					
17/11/25					
24/11/25					
1/12/25					
8/12/25					
15/12/25					
5/1/26		(GYM)	(SH)	(FIELD/3G)	(COURTS)
12/1/26					
19/1/26					
26/1/26					
2/2/26					
9/2/26					
23/2/26		(SH)	(FIELD/3G)	(GYM)	(FIELD/3G)
2/3/26					
9/3/26					
16/3/26					
23/3/26					
30/3/26					
20/4/26		(FIELD)	(FIELD)	(FIELD)	(COURTS)
27/4/26					
4/5/26					
11/5/26					
18/5/26		(FIELD)	(COURTS)	(FIELD)	(FIELD)
1/6/26					
8/6/26					
15/6/26					
22/6/26					
29/6/26					
6/7/26					
13/7/26					

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.