

Year 10

Students should be taught to use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance. They are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group, evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities. s. There should be more opportunity for students to lead lessons, either in the form of warm up, skill activities or cool downs.

National Curriculum: Use a range of tactics and strategies to overcome opponents in direct competition through team games.

Analyse performances compared to previous ones and demonstrate improvement to achieve personal best.

Year 11

Students build upon the skills learnt in Year 10 with the use of more advanced concepts and technique due to their physical and mental development. There is an increased opportunity for students to lead aspects of lessons which reinforces the knowledge and understanding. They will learn leadership as part of a team and officiating with an emphasis on maintaining the rules and order. Through the increase in independence students will gain confidence to be able to take their passion and enjoyment of sport beyond school in the form of clubs, college or personal goals.

National Curriculum: Use a range of tactics and strategies to overcome opponents in direct competition through team games.

Analyse performances compared to previous ones and demonstrate improvement to achieve personal best.