The Fisher Way: Curriculum

The Fisher Way aims to educate and inspire with joy, faith and love because we are an inclusive Catholic community.

Successful and resilient learners who aspire to and achieve excellence

Confident individuals who can explore and communicate effectively

Responsible citizens who are active, loving and wise in all their endeavours

Subject	PE: Core
Year Group	Year 10
Intent	Successful and resilient learners: who understand how to take care of themselves both physically and mentally in order to be successful as adults. Confident individuals: who are challenged physically, mentally and socially to work collaboratively to become the best that they can be.

	Responsible citizens: who understand the importance of leading a healthy active lifestyle and to equip them with the tools to do so through health and wellbeing education, therefore, fostering a life-long passion for sport and healthy active lifestyles.					
Narrative	Year 10 Core PE: 1. Learners will have focused on building on core skills and applying them in a pressurised situation in order to outwit opponents. Learners will have developed the use of game tactics and experiment with the success of these to help improve as a team. They will be able to undertake a range of roles and responsibilities to help each other improve and independently run small sided games and compete in them. They will also have developed a deeper understanding about healthy lifestyles and fitness. 2. This year links to the development of the skills that they would have developed in Year 9, incorporating within that the performing of skills within pressurised situations in a full game situation. 3. Learners will develop an understanding of the importance that physical education has on an individual's well-being, equipping them with the tools to participate/engage in sport and lead healthy active lifestyles in the future.					
Half term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (topics studied)	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include rugby, netball, handball, health-related fitness, table tennis, basketball, badminton, volleyball.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, health-related fitness, table tennis, basketball, badminton, volleyball.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, table tennis, basketball, badminton and volleyball.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, table tennis, basketball, badminton and volleyball.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include various athletic events.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include athletics, cricket, rounders and softball.

Key skills	Punt, drop kick, spin pass.	Smash, backhand drive, screen, jump shot. block.	Creating space, manipulating opponents, backhand chop, forehand drive.	Creating space, manipulating opponents, backhand drive, forehand drive, smash, net shot.	Running, jumping, throwing.	Hitting, catching, throwing, fielding.
Cultural capital	Independently lead own warm up and cool down. Methods of training.	Understanding the difference between gamesmanship and sportsmanship.	Influencing the game and having an impact.	Applying a range of skills in order to outwit an opponent.	Origin of athletics. Respect for others beliefs when fasting promoted etc.	Independently lead own warm up and cool down.
Assessment	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.