

Year 10 PE

**All Year 10 pupils follow the core PE curriculum
Some students will follow the AQA GCSE PE Syllabus**

Term	Units of Study/Scheme of work	Key homework and assessments
Autumn	Trampolining/Handball (theory)	H/W to complement theory in practical sessions (GCSE course)
Spring	Netball /Fitness	
Summer	Handball/Trampolining (reversed)	H/W to complement theory in practical sessions (GCSE course)
How can we help at home?	Pupils working through their chosen sports required for GCSE. They need to be training once a week alongside their studies in the activities they will be assessed in. After school/lunchtime clubs are available for these. Alternatively students can be assessed in an activity they participate in outside of school.	