

CURRICULUM CONTENT (KS4) GCSE YEAR 10

Year 10	TOPICS	OVERVIEW OF CONTENT (students are given topic related exam questions after every topic. They also have an end of year exam covering all topics studied)	EXTENSION ACTIVITIES THAT PARENTS CAN UNDERTAKE TO SUPPORT LEARNING.
Autumn Term	NETBALL	Running pass, reverse pivot, 3 stage defending, blocking, advanced drills, tactical play, set plays.	The media is often full of articles about the current issues in sport. Often, these can link in well to what we cover in lessons and it is always good to have a recent story for referral. They can print them off if they wish to store in their folders – these are particularly useful when having to use practical examples in exam questions.
	BADMINTON	Serves, clears, drop shots, net play, smash, singles and doubles.	
THEORY Health, Fitness and Well-being.	Physical, emotional and social health. Impact of lifestyle choices Balanced diet and nutrition Dietary manipulation for sport		
Spring Term	TRAMPOLINING	Checking/stopping, basic shapes, half and full twists, front and back drops, set drops and swivel hips. Forward rotations.	The media is often full of articles about the current issues in sport. Often, these can link in well to what we cover in lessons and it is always good to have a recent story for referral. They can print them off if they wish to store in their folders – these are particularly useful when having to use practical examples in exam questions.
	TABLE TENNIS	Backhand push, serves, forehand/backhand topspin, singles, doubles	
	THEORY Movement Analysis and Sports Psychology	Lever systems Joint classification and movement axes Goal setting Classification of skills and forms of practice Types of guidance Mental preparation Data	
Summer Term	FITNESS	Plan, execute and evaluate a 6 week training programme. (10% of qualification)	The media is often full of articles about the current issues in sport. Often, these can link in well to what we cover in lessons and it is always good to have a recent story for referral. They can print them off if they wish to store in their folders – these are particularly useful when having to use practical examples in exam questions.
THEORY Physical Training	Fitness testing Methods of training Principles of Training Long term effects on skeletal and cardio systems.		