Plan of Study – Year 10

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| Term | Term 1 | Term 1 | Term 2 | Term 2 | Term 3 | Term 3/4 | Term 4 |
| Week Commencing | 7/9, 14/9, 21/9, 28/9. | 5/10, 12/10, 19/10, 2/11 | 9/11, 16/11, 23/11, 30/11 | 7/12, 14/12 | 4/1, 11/1, 18/1, 25/1 | 1/2, 8/2, 22/2 | 1/3, 8/3, 15/3 |
| 10ABCD Boys Fri 1 ACO | Badminton (Sports Hall) | Football (Fields) | Table Tennis (Dance Studio) | Options/Inter-PE (Various) | Table Tennis (Dance Studio) | Trampolining (Sports Hall) | Dodgeball (Pavilion MUGA) |
| 10ABCD Boys Fri 2 ACO | Badminton (Sports Hall) | Football (Fields) | Rugby (Fields) | Options/Inter-PE (Various) | Rugby (Fields) | Trampolining (Sports Hall) | Handball/HRE (MUGAs) |
| 10ABCD Boys Fri 1 LFO | Football (Fields) | Badminton (Sports Hall) | Rugby (Fields) | Options/Inter-PE (Various) | Rugby (Fields) | Handball/HRE (MUGAs) | Trampolining (Sports Hall) |
| 10ABCD Boys Fri 2 LFO | Football (Fields) | Badminton (Sports Hall) | Table Tennis (Dance Studio) | Options/Inter-PE (Various) | Table Tennis (Dance Studio) | Dodgeball (Pavilion MUGA) | Trampolining (Sports Hall) |
| 10ABCD Girls Fri 1 SMC | Netball (MUGAs) | Table Tennis (Dance Studio) | Badminton (Sports Hall) | Options/Inter-PE (Various) | Football (Fields) | Rugby  (Fields) | Rugby/Football  (Fields) |
| 10ABCD Girls Fri 2 SMC | Netball (MUGAs) | Table Tennis (Dance Studio) | Badminton (Sports Hall) | Options/Inter-PE (Various) | Dodgeball (Pavilion MUGA) | HRE (Fields or MUGA or Dance Studio) | Crazy Catch (Pavilion MUGAs) |
| 10ABCD Girls Fri 1 MJO | Table Tennis (Dance Studio) | Netball (MUGAs) | Football (Fields) | Options/Inter-PE (Various) | Badminton (Sports Hall) | HRE (Fields or MUGAs or Dance Studio) | Crazy Catch (MUGAs) |
| 10ABCD Girls Fri 2 MJO | Table Tennis (Dance Studio) | Netball (MUGAs) | Dodgeball (Pavilion MUGA) | Options/Inter-PE (Various) | Badminton (Sports Hall) | Rugby  (Fields) | Rugby/Football (Fields) |

Plan of Study – Year 10 (Continued)

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| Term | Term 4 | Term 5 | Term 5 | Term 6 | Term 6 |
| Week Commencing | 22/3 | 12/4, 19/4, 26/4, 3/5 | 10/5, 17/5, 24/5 | 7/6, 14/6, 21/6, 28/6 | 5/7, 12/7 |
| 10ABCD Boys Fri 1 ACO | Options/Inter-PE (Various) | Tennis (MUGAs) | Tennis (MUGAs) | Softball (Fields) | Softball (Fields) |
| 10ABCD Boys Fri 2 ACO | Options/Inter-PE (Various) | Athletics (Fields) | Athletics (Fields) | Cricket (Fields) | Cricket (Fields) |
| 10ABCD Boys Fri 1 LFO | Options/Inter-PE (Various) | Athletics (Fields) | Athletics (Fields) | Cricket (Fields) | Cricket (Fields) |
| 10ABCD Boys Fri 2 LFO | Options/Inter-PE (Various) | Softball (Fields) | Softball (Fields) | Tennis (MUGAs) | Tennis (MUGAs) |
| 10ABCD Girls Fri 1 SMC | Options/Inter-PE (Various) | Trampolining (Sports Hall) | Trampolining (Sports Hall) | Athletics (Fields) | Athletics (Fields) |
| 10ABCD Girls Fri 2 SMC | Options/Inter-PE (Various) | Tennis (MUGAs) | Tennis (MUGAs) | Rounders (Fields) | Rounders (Fields) |
| 10ABCD Girls Fri 1 MJO | Options/Inter-PE (Various) | Rounders (Fields) | Rounders (Fields) | Tennis (MUGAs) | Tennis (MUGAs) |
| 10ABCD Girls Fri 2 MJO | Options/Inter-PE (Various) | Trampolining (Sports Hall) | Trampolining (Sports Hall) | Athletics (Fields) | Athletics (Fields) |

Assessment Objectives

AO1 - Use of a range of tactics and strategies to overcome opponents in direct competition through team and individual games

AO2 - Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

AO3 - Performance of dances using advanced dance techniques within a range of dance styles and forms

AO4 - Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

AO5 - Development of technique and improvement of performance in other competitive sports

AO6 - Use of a basic range of leadership skills and styles in small and large groups of learners.

Information

Dance Studio available Terms 1, 2, 3 and 6 Fri 1 and 2

Drama Studio available Terms 4 and 5 Fri 1 and 2

Key

School Changing Rooms

Pavilion Changing Rooms