



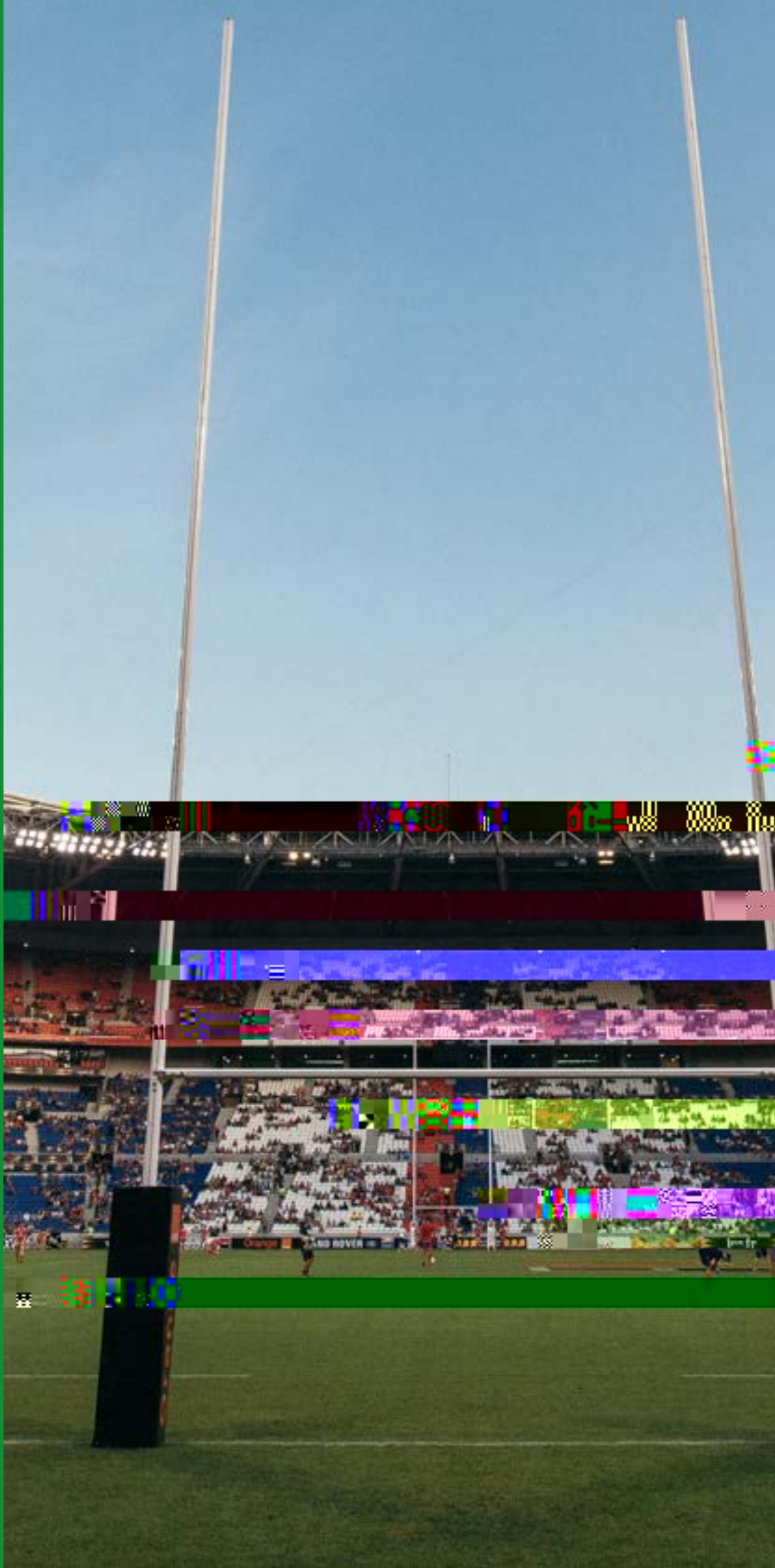
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# PE YEAR 10 Curriculum Newsletter

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# Curriculum Intent

## Year 10 Curriculum

In Year 10, students continue with one CORE PE lesson a week.

Sports Studies students start the year with the Outdoor Education unit. This involves putting up tents, cooking on Trangia sets and planning hillwalking expeditions. GCSE students have followed one theory lesson and one practical lesson a week.

They have concentrated on mastering their sports to be moderated as well as preparing for their exams that they will take in Year 11. In Year 10 students will continue to develop their character and physical competence as well as increasing their knowledge and understanding of the value of life long participation in Sport.

This is done by ensuring lessons are both engaging and purposeful as well as additional opportunities for pupils to 'try something new' in the form of taster sessions.

Students should tackle complex and demanding physical activities. They should get involved in a range of activities that develop personal fitness and promotes an active, healthy lifestyle.

## Immerse Yourself

Students can use GCSE BBC Bitesize, along with a range of revision tools:

- The EverLearner Physical Education Revision Playlist - YouTube
- Seneca GCSE PE Revision

If they are struggling with topics in lessons or want to enhance their learning in the classroom then these resources are ideal for covering content at home.



# Careers

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## The PE Way

**THE PE WAY**

**WE MAKE HEALTHY LIFE CHOICES**

- We show effort & determination
- We solve problems
- We participate in a safe manner

**WE SHOW RESILIENCE**

- It's about the

**FIND IT TOUGH**

- We self-reflect & analyse
- WE not the ME
- We are team players
- We show good sportsmanship

Have your say! ✨

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