




| Year: | | 10 | Subject: | PE | Dance/Cheerleading | Health Related Fitness | | | |
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| Intent | Subject Concepts (Substantive knowledge) |  | <ul style="list-style-type: none"> Performance | <ul style="list-style-type: none"> -Body movements -Choreographic Devices -Routines | Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Can perform a range of movements/shapes in a piece of choreography. Can apply choreographic devices to improve the aesthetics of the performance. Can create a performance in small groups. | <ul style="list-style-type: none"> -HIIT -Couch 2 5K -Yoga -Boxercise | Prior Knowledge: <ul style="list-style-type: none"> Takeaway Knowledge: <ul style="list-style-type: none"> Can develop a range of muscle groups working at a high intensity. Can maintain performance for a sustained period developing CV fitness. Can develop flexibility, muscular endurance and mental wellbeing. Can develop CV endurance while applying boxing technique. | Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> | |
| | | | <ul style="list-style-type: none"> Coaching | <ul style="list-style-type: none"> -Communication -Organisation -Analysis of Performance | Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Can use a variety of method to communicate e.g. verbal and signalling. Can plan and deliver motif a to a small group. Can give feedback to performers on how to improve their performance. | | Takeaway Learning: <ul style="list-style-type: none"> Prior Knowledge: <ul style="list-style-type: none"> | <ul style="list-style-type: none"> -Communication -Organisation -Analysis of Performance | Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> |
| | | | <ul style="list-style-type: none"> Officiating | | Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> | | Takeaway Learning: <ul style="list-style-type: none"> Prior Knowledge: <ul style="list-style-type: none"> | <ul style="list-style-type: none"> -Rules -Scoring -Communication & signalling | Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> |
| | Disciplinary Knowledge | | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |
| Implementation | Common Misconceptions | | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |
| | Enabling or Adapting the Curriculum | SEND Students | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |
| | | Disadvantaged Students | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |
| | | More Able Students | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |
| | Literacy/Numeracy Skills |  | | LITERACY | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | |
| Reading: | | | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |
| Writing: | | | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |
| Oracy: | | | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |
| Digital Strategy | |  | | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | <ul style="list-style-type: none"> | | | |

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| | Home Learning | • | | | | • | | | | • | | | |
| Impact | Composite Assessment | Date: | | Content: | | Date: | | Content: | | Date: | | Content: | |