

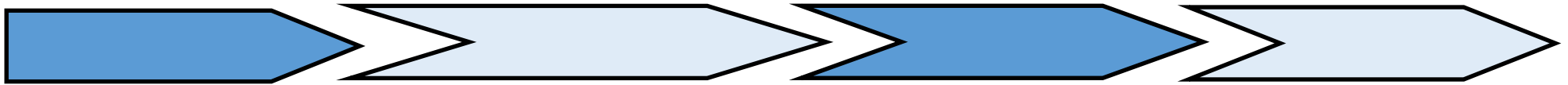


Holland Park School | *Year 10 Physical Education*



Overview	Students are given the opportunity to build on skills and techniques learnt in Key Stage 3 and apply them to competitive setting. They will focus more on tactics and gameplay of sport
Key words	Defence, attack, man to man, zone defence, width, overlap, underlap, set screens, three-man weave, strength, continuous.
Key dates	

Topics	Key content	Glossary link	Knowledge Organiser link
Football	Passing, Dribbling, Shooting, Defending, Attacking, Man to man, Gameplay		
Basketball	Ball handling, Passing, Dribbling, Set shot, Lay ups, Gameplay		
Netball	Passing, Footwork, Positioning, Shooting, creating space, Defending, Gameplay		
Fitness	Continuous Training, Fartlek Training, Muscular Endurance, Muscular Strength, Flexibility, Interval Training		
Table Tennis	Backhand, Forehand, Serving, Doubles play, Gameplay		
Rounders	Fielding, Bowling, Batting, Running bases, Gameplay		
Badminton	Ready position, overhead clear, drop shot, Serving, Singles gameplay, Doubles gameplay		



Overview	Students are given the opportunity to build on skills and techniques learnt in Year 10 and develop their gameplay and tactics within selected sports. They will be able to focus more deeply on sports and how to play games effectively
Key words	Defence, attack, man to man, zone defence, width, overlap, underlap, set screens, three-man weave, strength, continuous.
Key dates	

Topics	Key content	Glossary link	Knowledge Organiser link
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Football	Passing and moving, Dribbling, and turning, Shooting, Defending, Attacking, Man to man, Gameplay		
Basketball	Passing and moving, Dribbling, Set shot, Lay ups, Man to man v Zone defence, Gameplay		
Netball	Passing and moving, Footwork, Positioning and penalties, Shooting, creating space, Defending, Gameplay		
Fitness	Continuous Training, Fartlek Training, Muscular Endurance, Muscular Strength, Flexibility, Interval Training		
Table Tennis	Backhand topspin, Forehand topspin, serving top and backspin, Doubles play, Gameplay		
Rounders	Fielding, Bowling, Batting, Running bases, Positions, Gameplay		
Badminton	Serving and overhead clear, Drop shot, Smash, Singles gameplay, Doubles gameplay, Net play		