

Physical Education (Year 10)

Curriculum Map 2025-2026



Bodies (Motor Competence)

Hearts (Healthy Participation)

Minds (Rules, Tactics, Strategies)

Sports Day
(House Comp)

**Performing at Maximum Levels
Refine Technique and Increase Physical Challenge**
Extra Curricular
Halton Athletics Competition

**Overcoming an Opponent
Applying Tactics and Strategies**
Extra Curricular
Rounders / Cricket SG's
Competitions

Interim
Assessment

Year 10 – Term 3

**Emerging Sports / Disability Sports
Increase Sporting Opportunities**

**Exploring Net and Wall Activities
Analyse and Improve**
Extra Curricular
Table Tennis / Badminton
SG's

**Developing Health & Fitness
Training Methods and Principles**

Rowathon
(House Comp)

Interim
Assessment

Year 10 – Term 2

Heath Games
(House Comp)

**Overcoming an Opponent
Combining Skills Fluently**
Extra Curricular
Cheshire Cup / ESFA
SG's
Netball / Football / Basketball

**Leadership
Sport Education / Primary
Leadership**
Leadership opportunities

3 Part Warm Up
Pulse raiser
Dynamic stretches
Game related skill

**Lifelong Participation
Independence in Sport**

Year 10 – Term 1