

## GCSE PE Practical Overview

### Year 10

| Autumn 1   | Autumn 2  | Spring 1   | Spring 2  | Summer 1   | Summer 2  |
|--|---|--|---|--|---|
| <b>Futsal</b> <ul style="list-style-type: none"> <li>• Intro to futsal</li> <li>• Passing</li> <li>• Receiving the ball</li> <li>• Shooting</li> </ul> | <b>Futsal</b> <ul style="list-style-type: none"> <li>• Tackling/defending</li> <li>• Dribbling</li> <li>• Full context</li> </ul> | <b>Table Tennis</b> <ul style="list-style-type: none"> <li>• Service (forehand/backhand)</li> <li>• Drive (Forehand/backhand)</li> <li>• Push (forehand backhand)</li> <li>• Smash (forehand/backhand)</li> <li>• Lob (forehand/backhand)</li> <li>• Spin</li> <li>• Full context</li> </ul> | <b>Dance</b> <ul style="list-style-type: none"> <li>• Travel/locomotion/s tepping/pathways</li> <li>• Balance (static/dynamic)</li> <li>• Rotation/turning</li> <li>• Jumps/elevations</li> <li>• Gestures/motifs</li> <li>• Assessment</li> </ul> <b>Rock climbing (Outdoor Ed)</b> <ul style="list-style-type: none"> <li>• Rope work</li> <li>• Belay</li> <li>• 3 points of contact</li> <li>• Traversing</li> <li>• Climbing at limit</li> <li>• Overhang</li> <li>• Full context</li> </ul> | <b>Badminton</b> <ul style="list-style-type: none"> <li>• Serve (high, low, flick)</li> <li>• Overhead (clear, drive, drop)</li> <li>• Full context (doubles)</li> </ul> | <b>Badminton</b> <ul style="list-style-type: none"> <li>• Underarm (clear, drop)</li> <li>• Smash</li> <li>• Netplay/Netkill</li> <li>• Full context (doubles)</li> </ul> |

### Year 11

| Autumn 1  | Autumn 2   | Spring 1  | Spring 2   | Summer 1 | Summer 2 |
|---|--|---|--|----------|----------|
| <b>Futsal</b> <ul style="list-style-type: none"> <li>• Recap skills</li> <li>• Assessment/full context</li> </ul> | <b>Dance</b> <ul style="list-style-type: none"> <li>• Recap skills</li> <li>• Assessment/full context</li> </ul> | <b>Table Tennis</b> <ul style="list-style-type: none"> <li>• Recap skills</li> <li>• Assessment/full context</li> </ul> <b>Rock climbing (Outdoor Ed)</b> | <b>Badminton</b> <ul style="list-style-type: none"> <li>• Recap skills</li> <li>• Assessment/full context</li> </ul> |          |          |

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|--|--|--|-------------------|--|--|
|  |  | <ul style="list-style-type: none"><li>• Recap skills</li><li>• Assessment/full context</li></ul> | <b>MODERATION</b> |  |  |
|--|--|--|-------------------|--|--|