

Learning Journey

2024- 2025 Year 10 P.E



Southend YMCA
Community School

building a future

Year 1

Autumn 1

Fitness concepts & tests
Team Games-(technique development Volleyball)
Racket & team sports-develop effective competitive environments, Tennis-padel

Introduce/develop rules

Shot techniques, basic game play

Shot technique and basic game play

Attacking shots and tactics

Defending tactics and techniques

Applying correct shot to settings

Autumn 2

Fitness & Health
Gym/fitness-identify effective training methods and social engagement
Team games (technique development-basketball)

Gym safety

Developing my fitness plan

Developing technique

Identifying areas to adapt in my plan

Evaluate and utilise my plan

Spring 1

Plan to lead own activities
Racket sports (technique, strategy development badminton/table tennis)
Team games-(technique development, begin leading sessions)

Introduce and develop rules

Develop techniques, basic game play

Develop skills techniques

Apply strategy to game play

Compete against peers, facilitate game play

Spring 2

1st Aid understanding
Student led activities, planned with warm up, main theme and cool down, deliver to peers

Students to plan and lead their planned sessions to peers, evaluate performance to develop skills for future delivery. All students to engage in delivery of others session and provide feedback of performance.

Summer 1

Sport & the mind
Develop technique and begin to add challenges to self and others practices-tag rugby-cricket

Introduce basic rugby skills, pass, receive, running with the ball.

Develop understanding and application of rules

Develop and apply tactics/strategies

Build upon leadership skills leading and adapting sessions

Summer 2

Sport & the mind
Team/Individual sports-technique development, social opportunities-athletics

Understand safety implications of certain sports activities and adhere to safety rules

Develop skills and techniques

Develop understanding of sports disciplines

Compete for PB

Assist with the delivery of a safe session and develop own practical skills

Engage in competitive environment

Learning Journey

2024- 2025 Year 11 P.E



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Autumn 1

Team Games and Racket sports
Develop range of quality skills,
decision making and rules,
volleyball, tennis
Develop AP skills for EL PE

*Build upon understanding
of rules and apply basic
shots techniques*

Develop Dig tech

Service

Attacking shots

Defensive principles

*Game play, decision
making and
implementing rules*

Autumn 2

Gym/fitness and team games
basketball
Identify how to plan and
implement fitness plans and
begin to evaluate performance

*Develop skills and knowledge of basic
techniques, look at basic testing (fitness)*

Apply consistency to basic techniques

Plan and adapt training sessions

*Identify areas to improve through self-
assessment*

Apply adaptations to performance

Spring 1

Racket sports and team
games badminton table
tennis
Develop evaluating
performance and identify
ways to develop

Develop skills and techniques

*Identify through self analysis areas to
improve*

*Enhance understanding of rules and game
play*

*Identify tactics and strategies to overcome
opponents*

Competitive environments

Spring 2

Student input on sport
selection to enhance well
being and team games
Evaluate performance and
ways to develop self and
peers

Identify basic rules and apply to game play

*Develop skills and techniques to start games
effectively*

*Develop a variety of tactics and strategies to apply
during game play*

Use self analysis to identify areas to progress

*Analyse performances and identify how to
improve*

Summer 1

Team and individual
sports tag rugby
Social development and
engagement

*Develop skills and knowledge of games related
skills*

*Apply advanced skills to basic techniques to
include spin*

*Identify areas of development and focus practice
towards these areas*

Further develop skills with this knowledge

Compete as part of a team and support peers

Work as part of a team competitively

Summer 2

Team and individual sports
Revisit & athletics

*Revisit previous sports through competitive
scenarios build confidence and knowledge*

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scenario build confidence and knowledge*

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*Revisit previous sports through competitive
scenarios build confidence and knowledge*