



Year 10 CORE PE Curriculum

In Year 10, you will have the option to complete the **Level 1 Sports Leaders Qualification**. If you choose to follow a different pathway you will participate in a range of activities.

Level 1 Sports Leader Qualification

Students will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community.

The courses involve both guided & peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.

The sessions use sport to deliver fun and engaging physical activities with other students and within the community. Students will plan, lead and evaluate sports/physical activity sessions over a number of tutored hours and then demonstrate their leadership skills as part of their assessment.

Range of activities pathway

If you choose to follow this pathway you will participate in a range of sports with an element of fitness each lesson.

The following **sports** are:
Fitness, Netball, Hockey, Handball, Badminton, Basketball, Volleyball, Lacrosse, Football and Table-tennis.

After the Sports Leaders Qualification has been delivered, students will re-join as a cohort and complete a 9 week carousel of Trampolining, Indoor games and Outdoor games. This enables all students in Year 10 to participate in fitness, games and aesthetic activities even if they choose the Sports Leaders qualification.

In the Summer term, Year 10 participate in a carousel of athletics events. Following this, the Sports Leaders will help organise tournaments and officiate rounders, cricket and tennis tournaments.

