


Year 10			
	Cycle 1	Cycle 2	Cycle 3
Key concepts (Head/Heart/Hands)	Head/Heart/ Hands	Head/Heart/Hands	Head/ Heart/Hands
Practical (Procedural Knowledge)	<b>To inform healthy, active lifestyles:</b>  <b>Heart:</b> Respect, Teamwork, Resilience, Leadership, Confidence. <b>Head:</b> Feedback, Analysis of performance, Knowledge of tactics and strategies <b>Hands:</b> Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.	<b>To inform healthy, active lifestyles:</b>  <b>Heart:</b> Respect, Teamwork, Resilience, Leadership, Confidence. <b>Head:</b> Feedback, Analysis of performance, Knowledge of tactics and strategies <b>Hands:</b> Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.	<b>To inform healthy, active lifestyles:</b>  <b>Heart:</b> Respect, Teamwork, Resilience, Leadership, Confidence. <b>Head:</b> Feedback, Analysis of performance, Knowledge of tactics and strategies <b>Hands:</b> Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.
Theory (Substantive / Declarative Knowledge)	<b>Knowledge of rules and regulations.</b> <b>Knowledge of tactics and strategies to outwit</b> <b>Knowledge of safety requirements for activities</b> <b>Knowledge of healthy and active lifestyles</b>	<b>Knowledge of rules and regulations.</b> <b>Knowledge of tactics and strategies to outwit</b> <b>Knowledge of safety requirements for activities</b> <b>Knowledge of healthy and active lifestyles</b>	<b>Knowledge of rules and regulations.</b> <b>Knowledge of tactics and strategies to outwit</b> <b>Knowledge of safety requirements for activities</b> <b>Knowledge of healthy and active lifestyles</b>
Hinterland Knowledge (Cultural capital)	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands
Disciplinary knowledge	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.
Assessment approach	<b>Mid cycle assessment-</b> Practical assessment <b>End of cycle assessment-</b> Practical assessment.	<b>Mid cycle assessment-</b> Practical assessment <b>End of cycle assessment-</b> Practical assessment.	<b>Mid cycle assessment-</b> Practical assessment <b>End of cycle assessment-</b> Practical assessment.
Homework	N/A	N/A	N/A
Justification	Use HHH model to develop student's physical literacy (Hands) core values inherent in a broad range of activities (HEART) and to gain the knowledge to lead a healthy active lifestyle (Head). We have sequenced the concepts to progress from making informed choices regarding healthy active lifestyles in year 10 and creating better informed habits for active, healthy lifestyles in year 11.		