

PE Yr10 Learning Overview

AUTUMN	SPRING	SUMMER
<u>Module</u> Co- Ordination <u>Focus</u> Coordination Accuracy	<u>Module</u> Health and Fitness <u>Focus</u> Fitness strength	<u>Module</u> Athletics <u>Focus</u> Fitness Speed Strength
<u>Module</u> Teamwork <u>Focus</u> Working as part of a team. Team sports.	<u>Module</u> Problem solving <u>Focus</u> Decision making Life skills.	<u>Module</u> Striking sports <u>Focus</u> Hand eye co-ordination Cricket Tennis.