**Year 10 Curriculum Map 2025 – 26**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Sept – Oct ½ Term** | **Oct ½ Term – Christmas** | **Jan – Feb ½ Term** | **Feb ½ Term – Easter** | **Easter – Summer ½ Term** | **Summer ½ Term – Summer Hols** |
| **10G PE1** | Free Option | Invasion Games | Net/Wall Games | Health & Fitness | Athletics / S&F | S&F / Tennis |
| **10G PE2** | Invasion Games | Net/Wall Games | Health & Fitness | Free Option | Athletics / S&F | S&F / Tennis |
| **10G PE3** | Health & Fitness | Free Option | Invasion Games | Net/Wall Games | Athletics / S&F | S&F / Tennis |
| **10G PE4** | Net/Wall Games | Health & Fitness | Free Option | Invasion Games | Athletics / S&F | S&F / Tennis |

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|  | **Sept – Oct ½ Term** | **Oct ½ Term – Christmas** | **Jan – Feb ½ Term** | **Feb ½ Term – Easter** | **Easter – Summer ½ Term** | **Summer ½ Term – Summer Hols** |
| **10T PE1** | Free Option | Invasion Games | Net/Wall Games | Health & Fitness | Athletics / S&F | S&F / Tennis |
| **10T PE2** | Invasion Games | Net/Wall Games | Health & Fitness | Free Option | Athletics / S&F | S&F / Tennis |
| **10T PE3** | Health & Fitness | Free Option | Invasion Games | Net/Wall Games | Athletics / S&F | S&F / Tennis |

**Activity Examples**

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| --- | --- | --- | --- | --- | --- |
| **Invasion Games** | **Net / Wall Games** | **Free Option** | **Health & Fitness** | **Athletics** | **Striking & Fielding (S&F)** |
| Netball  Rugby  Hockey\*  Football  Basketball\*  Handball\* | Badminton  Volleyball  Table Tennis  Tennis | An activity from any area or any of the following:  Dance\*  Dodgeball  Dodgeball Rounders  Ultimate Frisbee  Danish Longball | Continuous Training  Fartlek Training  Circuit Training  Interval Training  SAQ  Cardio Cave\* | Mixture of Track & Field events to be completed | Rounders  Cricket  Softball |

**Please note that the above are not exhaustive lists and suggestions can be made to your teacher.**

**\*Subject to availability of facility and teacher specialism**