

Year 10 Curriculum Map 2025 – 26

	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

	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

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