

YEAR 10 GCSE PE:

SPRING TERM TOPICS

- Moving onto theory content on the Cardio-respiratory system and handball for the practical component

YEAR 10 CORE PE:

SPRING TERM TOPICS

- Continue to focus on lesson content within their chosen pathway: creative, lifestyle or team games

YEAR 10 GCSE DANCE:

SPRING TERM TOPICS

- Working through Christopher Bruce's professional works 'Shadows'
- Working on set phrase 'scoop' focusing on motifs, staging, set, dynamics, physical, mental, expressive and technical skills