



# Year 10 PE Spring Knowledge Organiser

In the spring term, students will learn to **plan and implement** tactics, can demonstrate a variety of **communication** techniques, and perform advanced skills with **control and consistency**.

Head



## Plan and Implement

Students will learn what it means to plan and implement (put in place) tactics in a competitive situation.

For example:

In badminton - the tactic could be to play to the space to make the opponent run more.

In basketball – the tactic could be passing wide on the court to make use of the space.

Have a think about other sports, and what tactics you could use in them.

Heart



## Communication

Showing good communication in a variety of ways is an important skills to have.

Verbal communication is the most common type, using clear concise language and words that most can understand.

What do you think non-verbal communication might be? Think about other things you could do besides talking to someone.

Hands



## Control and Consistency

Students will learn to improve performance of skills by showing good control and consistency.

Control

Knowing exactly how to perform the skill, and move the body and limbs in the correct place to ensure the skill is completed

Consistency

Repeating the skill over and over again, with correct technique and control.