

Year 12 and 13 Core PE

Students are given the option as to which area of Physical Education they would like to participate in during Core Curriculum PE lessons. They can choose from the following:

1. Recreational Games
2. Martial Arts
3. Yoga
4. Spin Class
5. Health and Fitness

Timing	Key Question	Knowledge	Assessing Understanding
Autumn /Spring	<ul style="list-style-type: none"> ● Can you select and apply an advanced range of passing and receiving skills in Ultimate Frisbee, Tag Rugby and Ultimate Frisbee? ● Can you select the appropriate shot in badminton and apply tactical skills to game play? 	<p style="text-align: center;"><u>Recreation Games:</u></p> <p>Ultimate Frisbee, Handball, Volleyball, Badminton and Tag Rugby.</p> <p>Ultimate Frisbee:</p> <ul style="list-style-type: none"> ● Backhand Pass, Forehand Pass ● Types of catches: pancake and lobster catch ● Setting up the start of the game and after point is scored. ● Rules of the game ● Self umpiring ● Game play <p>Handball:</p> <ul style="list-style-type: none"> ● Passing - one handed and two handed passes ● Catching - one handed and two handed catches ● Attacking skills - dribbling and movement with the ball ● Defending skills - Stage 1, Stage 2 and Stage 3 Defensive. Defensive block ● Goalkeeping skills ● Game play 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. ● Umpire a game and have an excellent knowledge of the rules of the game. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport

	<ul style="list-style-type: none"> ● Can you select and apply an advanced range of marking and evading skills in Handball, Tag Rugby and Ultimate Frisbee in a full sided game? 	<ul style="list-style-type: none"> ● Umpire game <p>Volleyball:</p> <ul style="list-style-type: none"> ● Re-Cap of the advanced passing shots (Set, volley and dig) ● Movement formations in 6 a-side ● Net Blocking ● Developing set plays in volleyball 6-a-side ● Advanced Spike and deceptive shot play ● Formations and rotations for 6-a-side Volleyball ● Umpiring volleyball match <p>Tag Rugby:</p> <ul style="list-style-type: none"> ● Passing and receiving techniques ● Attacking drills and formations ● Defensive drills and formations ● Full game ● Referring game ● Understand the rules of Fair Play in Rugby <p>Badminton:</p> <ul style="list-style-type: none"> ● Footwork ● Serving - backhand and forehand high serve ● Overhead clear, smash and drop shot ● Set Play to develop speed and accuracy - Forehand Serve, Overhead Clear, Drop Shot, Net shot and rally. ● Rules ● Game Play - singles and doubles. 	<ul style="list-style-type: none"> ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● Not applicable for KS4 Physical Education
Autumn /Spring	<ul style="list-style-type: none"> ● Can you select and apply a variety of 	<p style="text-align: center;">Health and Fitness: Yoga, Aerobics, Pilates and Circuits</p> <p>Yoga:</p>	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to:

	<p>breathing techniques?</p> <ul style="list-style-type: none"> • Can you perform a variety of controlled and balanced positions? • Can you effectively perform a range of moves in yoga, pilates and aerobics? 	<ul style="list-style-type: none"> • Correct breathing - breath count and big balloon breath • Flexibility • Balance and coordination • Body awareness • Core strength • Easy pose and rest pose • Improved concentration • Relaxation <p>Aerobics:</p> <ul style="list-style-type: none"> • Introduction to basic aerobics moves • Introduction to complex aerobics moves • Counting the music • Following aerobics routine • Creating individual aerobics routine • Leading aerobics routine. <p>Pilates:</p> <ul style="list-style-type: none"> • Breathing techniques • Posture • Core pilates workout • Stretching - rotation of spine and shoulders • Flexibility based workout - lower back, legs • Partner P&F pilates balls. <p>Circuits:</p> <ul style="list-style-type: none"> • Create fitness circuit using different stations • Leg, arm and core fitness using a number of different stations • Monitoring resting HR, working HR and recovery rate • Principles of training: FITT and sets and reps 	<ul style="list-style-type: none"> • Acquire & develop core technical physical skills • Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> • Students will be expected to develop knowledge & understanding they develop, as well as: • Develop core strength, flexibility, balance, coordination and greater confidence. • Key terminology used within each lifestyle activity • Awareness of the physical fitness levels required to benefit performance within a sport • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • Not applicable for KS4 Physical Education
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Autumn /Spring		<p><u>Yoga, Spin Class and Martial Arts (External Coach)</u> Pupils will cover a range of skills taught by a number of our experienced external coaches.</p>	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> • Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: • Acquire & develop core technical physical skills • Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> • Students will be expected to develop knowledge & understanding they develop, as well as: • Develop core strength, flexibility, balance, coordination and greater confidence. • Key terminology used within each lifestyle activity • Awareness of the physical fitness levels required to benefit performance within a sport • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • Not applicable for KS4 Physical Education
Summer	<ul style="list-style-type: none"> • Can you perform advanced strokes within a competitive rally in Tennis? • Can you select and apply an advanced range of skills which are involved 	<p>Athletics:</p> <ul style="list-style-type: none"> • Advanced knowledge of the principles of: <ul style="list-style-type: none"> ○ Middle Distance Events (800m) ○ Sprinting (100m/200m) ○ Relay ○ Throwing Events (Discus/Javelin/Shot Putt) ○ Jumping Events (Long Jump/High Jump/Triple Jump) • Understand the rules and measuring of different athletic events, and be competent to run an event <p>Rounders:</p>	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> • Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: • Acquire & develop core technical physical skills • Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> • Students will be expected to develop knowledge & understanding they develop, as well as:

	<p>with athletic events?</p> <ul style="list-style-type: none"> • Can you select and apply advanced striking and fielding positions within a full sided game of rounders? • Can you select and apply advanced striking and fielding positions within a full sided game of cricket? 	<ul style="list-style-type: none"> • Backing up and support play • Increasing Batting Power • Advanced Team Batting Strategies (post loading) • Advanced Fielding Strategies (Rotational fielding) • Advanced Formation of Fielders adapting to changing play • Game play - umpiring and knowledge of the rules and scoring <p>Tennis:</p> <ul style="list-style-type: none"> • Re-cap and development of Serve and passing shots • Baseline shots • Chip and slice • Advanced strategies for doubles play (Net and Baseline strategies) <p>Cricket:</p> <ul style="list-style-type: none"> • Advanced Fielding Skills (Target fielding & Distance fielding), off stump fielding • Overarm throwing and bowling • Different Batting strokes - front foot defensive shot, front foot drive, pull shot • Game play - understanding of the rules and scoring of cricket. 	<ul style="list-style-type: none"> • Develop core strength, flexibility, balance, coordination and greater confidence. • Key terminology used within each lifestyle activity • Awareness of the physical fitness levels required to benefit performance within a sport • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • Not applicable for KS4 Physical Education
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