

Year 11 Core PE

Timing	Unit Title	Key Question/s	Knowledge	Assessing Understanding
Autumn /Spring		<ul style="list-style-type: none"> ● Can you demonstrate an advanced level of fundamental skills and fitness across a variety of sporting settings? ● Can you select and apply a range of passing and receiving techniques in Football in a small sided game? ● Can you select and apply an advanced range of marking and evading skills in Netball in a full sided game? ● Can you select and apply an advanced range of passing and receiving techniques in 	<p>Netball:</p> <ul style="list-style-type: none"> ● Appropriate use of advanced passing and receiving skills (bounce, chest, shoulder) ● Attacking skills - holding space, set plays - centre pass/inside the D, shooting ● Defensive skills - blocking, zone defence ● Full sided games - demonstrate their own umpiring knowledge <p>Tag Rugby:</p> <ul style="list-style-type: none"> ● Passing techniques, passing on the move ● Attacking skills ● Attack and defence formations (defensive line, attacking V or diagonal) ● Games based - tactical drills <p>Volleyball:</p> <ul style="list-style-type: none"> ● 3 types of shot (set, dig, volley) and net blocking, and advanced spike ● Formations (4 a side, 6 a side) ● Serving ● Game play <p>Football:</p> <ul style="list-style-type: none"> ● Dribbling, passing and receiving on the move ● Attacking skills - possession focus, use of space ● Defensive skills - tackling, interceptions, types of marking ● Games based - small sided games 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop an advanced range of knowledge and understanding on the areas listed opposite. These include the ability to: <ul style="list-style-type: none"> ○ acquire and develop core technical physical skills ○ select and apply appropriate advanced technical & tactical skills into match play ○ make appropriate decisions in competitive situations regarding application of rules and terminology of the sports ○ be able to provide constructive and appropriate feedback on their own or another's performance.

		<p>Volleyball in a small sided game?</p> <ul style="list-style-type: none"> ● Can you demonstrate a basic understanding of the skills and techniques required for Tag Rugby in a small sided game? ● Can you demonstrate an appropriate use of shot types within both a singles and a doubles Badminton game? ● Can you demonstrate the appropriate use of skills and techniques within both singles and doubles Table Tennis matches? ● Can you select and apply an 	<p>Ultimate Frisbee:</p> <ul style="list-style-type: none"> ● Passing techniques - forehand and backhand ● Defence - interceptions (slap down, crocodile snap, duck) ● Rules of the game - start of play ● Games based small sided games (6 a side) <p>Badminton:</p> <ul style="list-style-type: none"> ● Forehand and backhand serve ● Overhead clear, positioning on the court ● Net lift and drop shot ● Outwitting an opponent - games based <p>Table Tennis:</p> <ul style="list-style-type: none"> ● Re-Cap of advanced passing shots (slice/top Spin) ● Defensive play ● Movement off the table (playing shots from close and far off the table) ● Advanced doubles strategies <p>Fitness:</p> <ul style="list-style-type: none"> ● Design and deliver own circuit based on HRF or SRF ● Aerobics ● Exercise to Music ● Strength and Conditioning ● Yoga/Pilates <p>Handball:</p> <ul style="list-style-type: none"> ● Passing and receiving - one handed and two handed ● Attacking skills - dribbling ● Defending skills - stage 1, 2 and 3 defence, defensive block ● Game play 	<p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy and teamwork skills in relation to the knowledge and understanding they develop, as well as: <ul style="list-style-type: none"> ○ scoring systems in the sport they are studying ○ key terminology used within a sport on a regular basis ○ awareness of the physical fitness levels required to benefit performance within a sport ○ understand loss/win situations and develop resilience and 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
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		<p>advanced range of skills within small sided Handball games?</p> <ul style="list-style-type: none"> • Can you perform and choreograph a sequence to a set theme in the style of Street Dance? • Can you apply a range of passing and movement skills in a small sided basketball game? 	<p>Dance:</p> <ul style="list-style-type: none"> • Learn a set Motif using the theme and style of Street Dance: • Wider understanding of Dance movement • Motif Creation • Advanced partner lifts • Develop own choreography <p>Basketball</p> <ul style="list-style-type: none"> • Understand basic passing and movement rules • Perform movement drills with the ball under pressure • Apply attack and defence strategies in match play • Understand basic shooting techniques, lay-up etc 	
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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 with athletic events? • 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? 	<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> <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 	<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: <ul style="list-style-type: none"> ○ acquire and develop core technical physical skills ○ select and apply appropriate technical & tactical skills into match play ○ make appropriate decisions in competitive situations regarding application of rules and terminology of the sports ○ 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 numeracy, literacy and teamwork skills in relation to the knowledge and understanding they develop, as well as: <ul style="list-style-type: none"> ○ scoring systems in the sport they are studying ○ key terminology used within a sport ○ awareness of the physical fitness levels required to benefit performance within a sport ○ understand loss/win situations and develop resilience and 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.
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