

Year 11 Core PE

Timing	Unit Title	Key Question/s	Knowledge	Assessing Understanding
Autumn/ Spring		- Can you demonstrate an advanced level of fundamental skills and fitness across a variety of sporting settings? - 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 Volleyball in a	Netball: - 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 Tag Rugby: - Passing techniques, passing on the move - Attacking skills - Attack and defence formations (defensive line, attacking V or diagonal) - Games based - tactical drills Volleyball: 3 types of shot (set, dig, volley) and net blocking, and advanced spike - Formations (4 a side, 6 a side) - Serving - Game play Ultimate Frisbee: - 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) Badminton:	Knowledge & Understanding - Students are expected to develop an advanced range of knowledge & understanding on the areas listed opposite. These include the ability to: - Acquire & develop core technical physical skills - Select & apply appropriate advanced 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. Skills - 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 on a regular basis - 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.

		small sided game? • 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?	• Forehand and backhand serve • Overhead clear, positioning on the court • Net lift and drop shot • Outwitting an opponent - games based Table Tennis: • 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 Fitness: • Design and deliver own circuit based on HRF or SRF • Aerobics • Exercise to Music • Strength and Conditioning • Yoga/Pilates Handball: • Passing and receiving - one handed and two handed • Attacking skills - dribbling • Defending skills - stage 1, 2 and 3 defence, defensive block • Game play Dance: • Learn a set Motif using the theme of Cultural dances around the world: • Wider understanding of Dance movement • Motif Creation • Develop own choreography Basketball	Assessment Point Information • Not applicable for KS4
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		• Can you select and apply an advanced range of skills within small sided Handball games? • Can you perform and choreograph a sequence to a range of world Dance? • Can you apply a range of passing and movement skills in a small sided basketball game? • Can you perform a range of skills in adapted sports for disability rules. • Can you safely combine basic shapes in flight to a 10 bounce routine?	• 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 Disability Sports • Understanding basic rules of variety of disability sports including Goalball, Sitting Volleyball and New Age Curling • Understand and apply new terminology to sport adaptations. • Understand and apply adapted skills and tactics to competitive situations Trampolining • Understand safety requirements • Perform basic movement skills including all basic shapes and landings and turns in isolation • Develop sequence/routine of basic skills.	
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Summer		- Can you perform advanced strokes within a competitive rally in Tennis? - 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?	Rounders: - Backing up and support play - Increasing Batting Power - Batting Strategies - Fielding Strategies (Rotational fielding) - Formation of Fielders adapting to changing play - Game play - umpiring and knowledge of the rules and scoring Tennis: - Re-cap and development of Serve and passing shots - Baseline shots - Advanced strategies for doubles play (Net and Baseline strategies) Cricket: - 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.	Knowledge & Understanding - 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. Skills - 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 - 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. Assessment Point Information: - Not applicable for KS4
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