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| **Subject: Physical Education** |
| **Year: 11 core** |
| Half -Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Themes/Content/A can of a product  Description automatically generated with medium confidenceUnits covered | **Leadership**To use effective communication skillsA rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo be able to describe how to perform a warmup Understand how to structure a session A rainbow colored heart with arrows  Description automatically generatedIdentify what a good leader looks like A purple and green masks with a sad face  Description automatically generatedTo be able to identify when a performer requires some support A rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generated**Handball**To effectively play a man to man and zonal defence A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be able to influence the performance and motivation of others through effective communication A rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo understand the benefits of using a jump pass or shooting To analyse game play and create tactics and strategies for effective play A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo demonstrate a shot whilst falling A cartoon rocket ship with red and blue stripes  Description automatically generated | **Leadership**To analyse others leadership styles and offer suggestions for improvements A rainbow colored heart with arrows  Description automatically generatedTo lead a small group of students A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo be able design engaging activities to suit a variety of performers A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be creative when designing an activity session A rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generated **Football**To lead a group though varied training sessions to develop fundamental skills A rainbow colored heart with arrows  Description automatically generatedFurther develop the ability to outwitopponents and teams using strategies and tactics A purple and green masks with a sad face  Description automatically generatedTo apply greater fluency, accuracy and higher quality of technique A cartoon rocket ship with red and blue stripes  Description automatically generatedTo recognise the importance ofresponding to changing situations within a game inattack and defence. Opportunities to referee/coach pupils or small groupsdeveloping communication and decision makingskills. A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generated | **Fitness**  To effectively use a variety of training methods to improve a selected component of fitness A rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedBe able to target set muscles groups within the body when designing a programTo be able to monitor and record fitness levels A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo describe and design a SMART target  | **Table tennis**To be able to describe how to play offensive shots Understands how and when to play a defensive shot A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo understand how to apply topspin and back spin A cartoon rocket ship with red and blue stripes  Description automatically generatedDevelop the importance of footwork and table position To be able to perform a high toss serve A cartoon rocket ship with red and blue stripes  Description automatically generated **Basketball**To consistently chose the correct shot when shooting To be able to performance variations of a lay-up, including non-dominate side and front on. A cartoon rocket ship with red and blue stripes  Description automatically generatedTo understand how to drive with the ball to gain an advantage To describe and perform a screen A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be effective when marking the ball and a player To be able to judge speed and distance of a ball aid interceptions A cartoon rocket ship with red and blue stripes  Description automatically generatedTo effectively coach and performing cutting to open up a defence A rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generatedTo understand how to perform each role in e 2-1-2 zonal defence. A cartoon rocket ship with red and blue stripes  Description automatically generated | **Rounders** To develop consistency and accuracy when hitting the ball in a variety of areas To vary the speed and height of bowls A cartoon rocket ship with red and blue stripes  Description automatically generatedDevelop accuracy when throwing the ball to a team member To be able identify gaps on the field and place balls in that direction A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generated **Softball**Develop of effectiveness of stealing a base.To develop accuracy and consistency of bowling techniques A cartoon rocket ship with red and blue stripes  Description automatically generatedTo be able to consistently contact the ball when batting To understand batting order To discuss and agree tactics with teammates A cartoon rocket ship with red and blue stripes  Description automatically generatedA rainbow colored heart with arrows  Description automatically generatedTo develop the technique of forcing outsA cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generated |  |

