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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 generated  To be able to describe how to perform a warmup  Understand how to structure a session A rainbow colored heart with arrows  Description automatically generated  Identify what a good leader looks like A purple and green masks with a sad face  Description automatically generated  To 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 generated  To 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 generated  To 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 generated  To 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 generated  To 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 generated  To be able design engaging activities to suit a variety of performers A cartoon rocket ship with red and blue stripes  Description automatically generated  To 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 generated  Further develop the ability to outwit  opponents and teams using strategies and tactics A purple and green masks with a sad face  Description automatically generated  To apply greater fluency,  accuracy and higher quality of technique A cartoon rocket ship with red and blue stripes  Description automatically generated  To recognise the importance of  responding to changing situations within a game in  attack and defence.  Opportunities to referee/coach pupils or small groups  developing communication and decision making  skills. 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 generated  Be able to target set muscles groups within the body when designing a program  To 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 generated  To 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 generated  To understand how to apply topspin and back spin A cartoon rocket ship with red and blue stripes  Description automatically generated  Develop 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 generated  To 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 generated  To 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 generated  To 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 generated  To 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 generated  Develop 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 generated  To 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 generated  To develop the technique of forcing outs  A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generated |  |

A purple and green masks with a sad face

Description automatically generatedA rainbow colored heart with arrows

Description automatically generatedA cartoon rocket ship with red and blue stripes

Description automatically generatedA drawing of a book

Description automatically generated