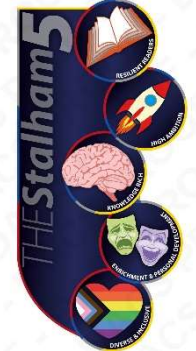










































Subject: Physical Education

Year: 11 core





















Half -Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Themes/ Content/ Units covered 	<p>Leadership</p> <p>To use effective communication skills </p> <p>To be able to describe how to perform a warmup </p> <p>Understand how to structure a session </p> <p>Identify what a good leader looks like </p> <p>To be able to identify when a</p>	<p>Leadership</p> <p>To analyse others leadership styles and offer suggestions for improvements </p> <p>To lead a small group of students </p> <p>To be able design engaging activities to suit a variety of performers </p> <p>To be creative when designing an</p>	<p>Fitness</p> <p>To effectively use a variety of training methods to improve a selected component of fitness </p> <p>Be able to target set muscles groups within the body when designing a program </p> <p>To be able to monitor and record fitness levels </p>	<p>Table tennis</p> <p>To be able to describe how to play offensive shots </p> <p>Understands how and when to play a defensive shot </p> <p>To understand how to apply topspin and back spin </p> <p>Develop the importance of footwork and table position </p>	<p>Rounders</p> <p>To develop consistency and accuracy when hitting the ball in a variety of areas </p> <p>To vary the speed and height of bowls </p> <p>Develop accuracy when throwing the ball to a team member </p> <p>To be able identify gaps on the field and place balls in</p>	



Stalham High School - Subject Curriculum Overview

	<p>performer requires some support </p> <p>Handball</p> <p>To effectively play a man to man and zonal defence </p> <p>To be able to influence the performance and motivation of others through effective communication </p> <p>To understand the benefits of using a jump pass or shooting </p> <p>To analyse game play and create tactics and strategies for</p>	<p>activity session   </p> <p>Football</p> <p>To lead a group though varied training sessions to develop fundamental skills </p> <p>Further develop the ability to outwit opponents and teams using strategies and tactics  </p> <p>To apply greater fluency, accuracy and higher quality of technique </p> <p>To recognise the importance of</p>	<p>To describe and design a SMART target </p>	<p>To be able to perform a high toss serve </p> <p>Basketball</p> <p>To consistently chose the correct shot when shooting </p> <p>To be able to performance variations of a lay-up, including non-dominate side and front on. </p> <p>To understand how to drive with the ball to gain an advantage </p>	<p>that direction </p> <p>Softball</p> <p>Develop of effectiveness of stealing a base. </p> <p>To develop accuracy and consistency of bowling techniques </p> <p>To be able to consistently contact the ball when batting </p> <p>To understand batting order </p> <p>To discuss and agree tactics with</p>	
--	--	---	--	---	---	--



	<p>effective play </p> <p> </p> <p>To demonstrate a shot whilst falling </p>	<p>responding to changing situations within a game in attack and defence. </p> <p>Opportunities to referee/coach pupils or small groups developing communication and decision making skills.   </p>		<p>To describe and perform a screen </p> <p>To be effective when marking the ball and a player </p> <p>To be able to judge speed and distance of a ball aid interceptions </p> <p>To effectively coach and performing cutting to open up a defence   </p> <p>To understand how to perform each role in e 2-1-2 zonal defence. </p>	<p>teammates </p> <p></p> <p>To develop the technique of forcing outs   </p>	
--	--	---	--	---	---	--