

Year: 11 Core PE

Subject: Health Sport & Exercise

Autumn Term		
Overarching Topic: Leadership & health & well-being		
What has come before and what comes later:	The students have experienced a range of activities across years 7-10, during this time they will have developed their ability to perform skills across these sports and had the opportunity to place these skills into competitive situations. They will have developed an understanding of the rules, tactics and understand how we exercise safely. In KS4 they can further develop their application of skills, whilst implementing more advanced tactics. They will now begin to take on more leadership opportunities in small groups and consider the role of a captain.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none">• What are my/our areas of strength/weakness?• How can we improve our weaker skills?• What drills would best prepare us for this sport?• What is a good leader/captain?• What does a good leader or captain do?• What are the qualities of a good leader/captain?• How can I lead my team to success?• How can we prepare our bodies for athletic events?• What tactics can we use to help us when running for distance?• How can I alter my running technique to help me run faster?• How should we rise when using a sprint start?• What tactics can we use when running a relay?• How can I use my legs to help me get a longer jump in long jump?• How can we use our arms to help us jump further in long jump?	<ul style="list-style-type: none">• How do external factors impact the skills we perform?• How can we change the skills we perform to suit external factors?

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	<ul style="list-style-type: none">• Where does your foot need to be on take off to help you get maximum distance?• How can we adjust our run up to help us achieve a greater distance in long jump?• When throwing the javelin what types of run up can we use?• How does the javelin have to land for it to be classed as a legal throw?• What are the two grips you can use when throwing the javelin?• How can I use weight transfer to help me throw a javelin, shot put or discus further?• What is the correct technique to use when hurdling?• In cricket how can I change my deliveries of the ball to help outwit the opponent?• How can we set the field to help outwit the opposition?• How do you play a reverse sweep?• How can we ensure we utilise the scoring of ones and twos to help increase our score?• Why might a wicket keeper change where they stand in cricket?• How do I perform a reverse hit in rounders?• How can I effectively use a reverse hit in rounders?• How does the position of my feet in rounders affect where the ball goes?• What impact does physical activity have on our health?• What impact does physical activity have on our fitness?	
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	<ul style="list-style-type: none">• How can taking part in physical activity help us develop teamwork & communication skills?	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none">• Officiating• Rounders - Feilding – quick pick up, short & long barriers, throwing the ball – short & long distances, backstop & bowling• Rounders – Batting• Cricket - Feilding – quick pick up, short & long barriers, throwing the ball – short & long distances, wicket keeping & bowling• Cricket – batting• Running for distance• Running for speed• Jumping for distance• Throwing events – discus, javelin and shot• Critical analysis of self & peers• Leadership• Teamwork• Oral communication• Empathy	<p>Develop through:</p> <ul style="list-style-type: none">• Part practice• Isolated drills• Conditioned games• Competitive play <p>Demonstrate:</p> <ul style="list-style-type: none">• Performing set skills with control and accuracy• Apply skills to competitive situations with some success• Apply tactics with some success• Officiate demonstrating good knowledge of rules• Lead warm-ups & drills• Act as a leader in set tasks• Captain their teams• Warm-up & stretch correctly

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Spring Term		
Overarching Topic: Officiating & lifelong physical activity		
What has come before and what comes later:	The students have experienced a range of activities across years 7-10, during this time they will have developed their ability to perform skills across these sports and had the opportunity to place these skills into competitive situations. They will have developed an understanding of the rules, tactics and understand how we exercise safely. In KS4 they can further develop their application of skills, whilst implementing more advanced tactics. In the autumn term they will have begun to develop their ability to officiate and analyse the performance of themselves and their peers. They will now further develop and refine their ability to officiate and continue to analyse their own and other's performances, alongside this we will look to reinforce the importance of lifelong physical activity.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none">• What is the role of the official?• What qualities does an official need?• What are the rules of this activity?• Where does the official(s) stand in this activity?• Why is it important to be physically active?• What impact can a sedentary lifestyle have?• How can we help encourage our peers to be physically active?• How does taking part in sport help you to make friends?• How does physical activity help our mental health?• How does physical activity help us manage our stress levels?• What tactics can we use to outwit our opponents?• How can I use the serve to help our team outwit our opponents?• How can we serve over arm in volleyball?	<ul style="list-style-type: none">• How does the role of an official help to keep players safe?• How can a official control the conduct of the participants?

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	<ul style="list-style-type: none"> • How do we officiate in volleyball? • How can we utilise set pieces in volleyball to help outwit our opponents? • How do you rotate in volleyball? • What impact does volleyball have on our health and well-being? • How can we utilise set pieces to help us outwit our opponents? • What set pieces can we use? • How do we know if our set pieces are effective? • How can we alter our formation to help us outwit our opponents? • How do we decide what to do when we receive have the ball in our possession? • How can we support our teammates? • How can I make my routine more aesthetically pleasing? • How do I decide what skills to place in a routine? • How can I get more aesthetic lines when performing pikes and straddles? • How can I ensure my routine scores highly? • How is a trampoline routine scored? • How can I assist with the safety of others when taking part in trampolining? • 	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none"> • Passing and receiving in open situations • Defending • Attacking play • Officiating • Critical analysis of self & peers 	Develop through: <ul style="list-style-type: none"> • Part practice • Isolated drills • Conditioned games • Competitive play

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	<ul style="list-style-type: none">• Swimming; keystrokes, race starts & race turns• Water polo key skills, passing and swimming with the ball, defending• Passing and receiving in open situations• Trampolining: basic bounce, shapes, seat drop, swivel hips, front somersault & back somersault• Volleyball: set, dig, volley, block & two types of service	<p>Demonstrate:</p> <ul style="list-style-type: none">• Performing set skills with control and accuracy• Apply skills to competitive situations with some success• Apply tactics with some success• Officiate demonstrating good knowledge of rules