

Yearly Overview

Subject: Year 10 and 11 Core PE

Progression of knowledge:

- Games for Understanding
- Understanding advanced rules/tactics
- 1 lesson a week

Term 1	Term 2	Term 3	Term 4 - Sport not covered in Term 1-3	Term 5	Term 6
<p>Prior knowledge: KS3 Handball - developing the understanding of advanced sport specific skills – passing, receiving, dribbling, shooting, defending. Further developing advanced invasion games concepts – creating space, attacking, defending, pattern of play, tactical understanding.</p> <p>KS3 Badminton - further developing the understanding of advanced sport</p>	<p>Prior knowledge: KS3 Rugby - Further developing the understanding of fundamental sport specific skills – passing, receiving, running with the ball, scoring, defending.</p> <p>KS3 Football - further developing the understanding of advanced sport specific skills – passing, receiving, dribbling, shooting, defending.</p> <p>Further developing advanced invasion games concepts – creating space,</p>	<p>Prior knowledge: KS3 Tchoukball - further developing advanced sport specific skills - dribbling, shooting, passing, attacking and defending Further developing advanced invasion games concepts – creating space, attacking, defending, pattern of play.</p> <p>KS3 Trampolining - developing the understanding of fundamental sport specific skills – twists, tucks, straddles,</p>	<p>Prior knowledge: Please see prior knowledge section of Term 1-3.</p>	<p>Prior knowledge: KS3 Cricket - further developing the understanding of advanced sport specific skills – running, batting, fielding, throwing, catching, bowling. Further developing advanced striking and fielding concepts – follow through, direction of batting, communication.</p> <p>Ultimate Frisbee – continuation of KS3 Invasion games - further developing advanced invasion games concepts – creating space, attacking, defending, tactical understanding.</p>	<p>Prior knowledge: KS3 Tennis - developing the understanding of advanced sport specific skills – serves, forehand, back, backhand, volley.</p> <p>Advanced racket sport concepts – grip, stance, ready positions, forehand, backhand.</p> <p>Softball – continuation of KS3 Rounders - advanced striking and fielding concepts – follow</p>

specific skills and tactics – serves, clears, drop shots and smash, tactical understanding. Further developing advanced racket sport concepts – grip, stance, ready positions, forehand, backhand.	attacking, defending, tactical understanding.	body landings, linking skills. Fundamental gymnastics concepts – shape, control, performance.			through, direction of batting, communication, type of bowl.
Term 1 knowledge	Term 2 knowledge	Term 3 knowledge	Term 4 knowledge	Term 5 knowledge	Term 6 knowledge
<p>This term: Handball -skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Ability to control the ball. • Accuracy and effectiveness of passing and dribbling. • Use off width and the switching of play. • Knowledge of defending strategies and the ability to 	<p>This term: Football - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Ability to control the ball. • Accuracy and effectiveness of passing and dribbling. • Use off width and the switching of play. • Knowledge of defending strategies and the ability to 	<p>This term: Tchoukball - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Ability to control the ball. • Accuracy and effectiveness of passing and dribbling. • Use off width and the switching of play. • Knowledge of defending strategies and the ability to 	<p>This term: Please see skills and knowledge from Terms 1-3.</p>	<p>This term: Cricket - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Throwing accuracy • Catching from different heights/angles/speeds • Bowling • Batting • Fielding <p>Ultimate frisbee - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • General Throwing • Power Throwing • Break Throwing 	<p>This term: Tennis - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Serve placement and selection. • The quality and effectiveness of a range of shots. • Decision making and shot selection. • Knowledge of rules and regulations.

<p>defend effectively.</p> <ul style="list-style-type: none"> • Accuracy and consistency of shots from a range of different positions. • Set pieces. <p>Badminton - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Serve placement and selection. • The quality and effectiveness of a range of shots. • Decision making and shot selection. • Knowledge of rules and regulations. • Knowledge of student led tournaments. 	<p>defend effectively</p> <ul style="list-style-type: none"> • Accuracy and consistency of shots from a range of different positions. • Set piece. <p>Rugby - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Knowledge of tackling techniques and scrummaging. • Union and league rules, knowing the clear differences. • Effectiveness and quality off rucking and mauling. • Tactical understanding • Understanding off rules and regulations 	<p>defend effectively.</p> <ul style="list-style-type: none"> • Accuracy and consistency of shots from a range of different positions. • Set piece. <p>Trampolining - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Knowledge of techniques. • Development of control and form. • Difficulty of routines. • Linking of skills and techniques. 		<ul style="list-style-type: none"> • Defense • Catching 	<ul style="list-style-type: none"> • Knowledge of student led tournaments. <p>Softball - skills and knowledge that will be enhanced should be:</p> <ul style="list-style-type: none"> • Accuracy of striking. • Accuracy of throwing and control of catching. • Development of Tactics. • Outwitting opponents.
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	and effectiveness as an official.				
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Future knowledge:
Students will have the option to extra-curricular clubs if they join the Academy's Sixth Form or may choose to take up a sport outside of school.