

Curriculum Planning

Subject: Physical Education **Year:** 11 **Ability:** Mixed

Term / Date(s)	Activity 1 6 week block of 6 lessons (2 activities taught)	Activity 2 6 week block of 6 lessons	Activity 3 6 week block of 6 lessons	Activity 4 6 week block of 6 lessons	Activity 5 6 week block of 6 lessons
Topic	Invasion Games (Rugby, Football, Netball)	Aesthetics (Trampolining)	Net/ Wall Games (Badminton)	Fitness	Striking and Fielding
Topic overview	To be able to attack as a team effectively	To choreograph a complex routine with consistent control and fluency	To perform a range of attacking tactics to effectively to outwit your opponent	To apply methods of training to exercise and fitness activities	To attack effectively as a team
Components	<p>Students will learn:</p> <ul style="list-style-type: none"> - How to use possession effectively to create scoring opportunities - How to attack from set pieces - How to outwit an opponent to create a scoring opportunity <p>This activity allows students to apply all key skills learned in KS3 and core KS4 invasion games units, as well as developing a better understanding of attacking tactics that will support them in performing in sport recreationally or competitively outside of school.</p>	<p>Students will learn:</p> <ul style="list-style-type: none"> - How to use the previously learnt skills to choreograph a 10-bounce routine that they can perform with consistent control and fluency. - How to evaluate their routines, identifying areas of strength and areas for improvement within their performances. <p>This activity allows students to apply knowledge and understanding of how to fluently piece together skills and place in a routine. This requires key skills such as planning and evaluation that students will be able to use across a number of subjects.</p>	<p>Students will learn:</p> <ul style="list-style-type: none"> - How to play a range of shots, under pressure from an opponent, and use tactical knowledge to outwit them successfully. - How to apply the rules appropriately to singles and doubles matches. - How to play use attacking and defensive shots to gain a tactical advantage. <p>This activity allows students to apply key skills acquired throughout KS3 and core KS4 Net/Wall games, in competitive situations, as well as developing a better understanding of attacking tactics that will support them in performing in sport recreationally or competitively outside of school.</p>	<p>Students will learn:</p> <ul style="list-style-type: none"> - Recall how to apply methods of training to a range of fitness activities and exercises - How to participate in fitness activities safely - Recall how to use methods of training to reach targets/goals <p>This activity allows students to apply knowledge acquired throughout KS3 and KS4 when designing their own training programme, as well as using key information around methods and principles of training to ensure this is effective. As a result, students can access and independently participate in fitness activities outside of school in order to lead a healthy active lifestyle.</p>	<p>Students will learn:</p> <ul style="list-style-type: none"> - How to bowl, using variety and creativity, to outwit a batter. - How to use fielding positions to restrict runs for the opposition, reacting to different batters strengths. - How to use attacking tactics to control a game of Rounders. <p>This activity allows students to apply key content acquired throughout KS3 and core KS4 Rounders, with a specific emphasis on the attacking tactics needed to be successful in the sport.</p>
What pupils should already know (Prior learning components)	How to keep possession of the ball in full sided games to prevent the other team from scoring. This allows students to understand how to manage the game.	How to use the previously learnt skills to choreograph a 10-bounce routine that they can perform with consistent control.	How to play a range of shots, under pressure from an opponent, and use tactical knowledge to outwit them successfully.	A base knowledge of how to apply methods of training to fitness activities. The methods of training and how they target components of fitness.	How to bowl at right/ left-handed batters making it hard for them to create space and strike the ball. How to set a field to restrict scoring opportunities.

	How to defend set pieces from side and backlines working with team mates. This allows them to limit the oppositions scoring chances.	How to evaluate their routines by identifying areas for improvement within their performances.	How to play doubles in badminton with correct application of the rules.	The short-, medium- and long-term effects of exercise	How to work as a team to chase down a score.
Transferrable knowledge (skills)	<p>Effective planning and execution of a tactical plan.</p> <p>Effective communication and teamwork skills.</p> <p>Passing and movement skills in a variety of invasion games.</p> <p>The ability to outwit an opponent through the use of considered tactics.</p>	<p>Straight/tuck/pike/straddle/180 turn half twist/swivel hips.</p> <p>Front/back/seat landing techniques.</p> <p>Half twist to front landing/seat half twist to feet/half twist to seat combination/back landing/front landing half twist to feet.</p> <p>Front somersault/back somersault technique.</p>	<p>Stance and connection to help generate power in the strike, aiming to exploit spaces and outwit opponents.</p> <p>Decision making skills - backhand or forehand shot depending on their opponent's weakness.</p> <p>Ability to analyse an opponent's weakness in order to outwit them and win points.</p> <p>A range of attacking shots that can be applied to win points.</p> <p>How to play a doubles tournament using the correct rules.</p>	<p>How to train for specific sports at amateur and elite level.</p> <p>What types of training are relevant for individual needs</p> <p>OCR Sports science R042 key content to allow students to design an effective training programme.</p> <p>Knowledge around how to safely and effectively warm up/cool down and participate in fitness activities.</p> <p>How to carry out a training programme.</p>	<p>Stance and connection to help generate power in the strike, aiming to exploit spaces and outwit opponents.</p> <p>Ability to analyse an opponent's weakness in order to outwit them and win points.</p> <p>A range of throwing techniques to minimise runs lost in the field.</p> <p>Communication and teamwork skills.</p>
Key vocabulary pupil will know and learn	Press, communication, shape, distance, start points, man to man, zonal, organisation, tactics, outwit, defend, defence, attack, overload, score, width, creativity.	Flight, spring, control, jump, height, levels, tuck, pike, straddle, landings, somersault, twist, counting bounces, planning, evaluating, feedback, height of flight.	Forehand, backhand, push, drive, serve, drop, clear, overhead, underarm, shuttlecock, net, court, analyse, weakness, tactics, decisions.	Specificity, progression, overload, reversibility, tedium, motivation, rest & recovery, variation, frequency, intensity, time, type, adherence, plan, individual, considerations.	Bowl, bat, field, attack, defend, tactics, base, overarm, underarm, speed, power, agility, co-ordination, accuracy.
Resources available	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.
Notes Why this topic is important...	<p>Students work with others effectively as part of a team.</p> <p>Students understand different scenarios within a game situation and respond accordingly.</p> <p>Students formulate an attacking strategy to allow them to be successful in range of attacking scenarios.</p> <p>Students understand when to attack and when to defend in different game-based situations.</p>	<p>Students develop planning skills that are transferable to other subjects across school.</p> <p>Students creatively demonstrate skills learnt by placing them into a routine.</p> <p>Students use evaluation skills which they can transfer to any other sport or other subjects.</p>	<p>Students select and perform highly skilled shots under pressure against opponents.</p> <p>Students have a range of shots to select which could assist them in winning points in a competitive match.</p> <p>Students reflect on their opponents' strengths and weaknesses and apply appropriate shots to outwit them.</p> <p>Students develop a sequence of shots to make it challenging for their opponent to defend or score.</p>	<p>Students learn how to plan and carry out fitness activities with varying methods of training, which supports them to lead healthy active lifestyles beyond their time at school.</p> <p>Students develop social skills & confidence to empower them to attend a fitness session/club.</p> <p>Students can use fitness equipment safely and effectively.</p> <p>Students create links between fitness and potential career and study routes post-16.</p>	<p>Students understand when to attack and when to defend in different game-based situations.</p> <p>Students formulate an attacking strategy to allow them to be successful in range of attacking scenarios.</p> <p>Students reflect on their opponents' strengths and weaknesses and apply appropriate shots to outwit them.</p> <p>Students select and perform highly skilled shots under pressure against opponents.</p>

