

PHYSICAL EDUCATION

ENRICHMENT PROGRAMME

	Topic	Knowledge What will students know by the end of this unit?	Skills What skills will students have developed by the end of this unit?	Big Idea What are the essential ideas which students could not leave school without?	Cross Curricular What links to other subjects / enrichment might be made?
Y10 Term 1 and 2	Football	How to pass and receive the ball Dribbling and shooting Shooting Basic team formations and tactical knowledge To know and understand the rules of football	Passing technique (inside and outside foot) Ball control Dribbling technique Shooting (leaning forwards and backwards)		Coordination and movement skills required in Dance and Drama
	Lacrosse	How to complete a scoop, how to cradle the ball, how to through the ball and catch in the net, how to attack in game play, how to defend in game play, how to shoot on goal, how to check the ball, rules of the game.	Be able to scoop, cradle, throw and catch the ball. To be able to know how to defend a shot by checking the stick. Know how to start a game. Know how to win a game. Be able to umpire and understand basic rules of a game.		Coordination and movement skills required in Dance and Drama Distances of passes (Maths) Number of passes (Maths) Terminology of key words, keeping score of a game (Maths)
	Volleyball	How to complete the set shot How to complete a dig How to complete a serve How to complete a smash How to score a game of volley ball	Be able to select the appropriate shot to play and demonstrate the correct technique when executing it. Know how to defend a shot by using the block Know how to win a point in a game Be able to umpire a game of volleyball and know the rotations that need to take place.		Coordination and movement skills required in Dance and Drama Distances of passes (Maths) Number of passes (Maths) Terminology of key words, keeping score of a game (Maths)

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	Basketball	<p>How to throw and catch the ball across various distances and using a variety of techniques</p> <p>How to dribble</p> <p>How to complete a set shot and lay up.</p> <p>How to defend using man to man and zonal defending</p>	<p>Demonstrate the correct passing technique for; chest/bounce/javelin/overhead and know when these passes should be used in game play.</p> <p>Be able to use both hands when dribbling, demonstrate a change of direction and pace within a game to outwit an opponent.</p> <p>Be able to demonstrate a set shot and lay up in isolation and game play. Be able to lay up from their weaker side occasionally in game play.</p> <p>Know when to use man to man marking and zonal defence within a game and implement the fast break.</p> <p>Footwork and pivoting (1,2 landing and inward and outward pivoting in relation to a defender)</p> <p>Running pass to gain speed within a game</p> <p>Driving onto the ball with a controlled landing at speed</p> <p>Movement around the circle and shooter rotation</p> <p>The correct shooting technique and shooting off one foot</p>		<p>Coordination and movement skills required in Dance and Drama</p> <p>Distances of passes (Maths)</p> <p>Number of passes (Maths)</p> <p>Terminology of key words, keeping score of a game (Maths)</p>
Y10 Term 3	Rounders	<p>Understand how to be effective in rounders when fielding</p> <p>Understand how to be effective in rounders when batting</p> <p>Understand how to umpire</p>	<p>Be able to field using advanced techniques to put pressure on the opponent</p> <p>Be able to bat using advanced techniques to outwit the opponent</p> <p>Be able to umpire from batters position</p> <p>Be able to umpire from bowlers position</p>		<p>Keeping score - maths</p> <p>Working as a team - social skills</p>
Y11 Term 1 and 2	Yoga	<p>How to demonstrate a Yoga warm up, and full flow.</p> <p>Demonstrating individual and group poses and develop there own flows in groups.</p>	<p>To learn different poses, child pose, cobra, cat, cow, puppy, downward dog, tree, warrior pose, chair, revolved chair, plank, reverse warrior, full boat pose, high lunge and pair pose and own flow.</p>		<p>citizenship- mindfulness</p>

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	Badminton	<ul style="list-style-type: none"> • How to hold a racket - the different grips • How to serve • How to play defensive shots • How to play attacking shots <ul style="list-style-type: none"> • How to score in singles • How to score in doubles. 	<p>How to hold the racket – forehand, backhand and pan handle grip</p> <p>How to serve – forehand backhand long and short</p> <p>Clear shots</p> <p>Net shots</p> <p>Block shots</p> <p>Drop shots</p> <p>Smash shots</p> <p>Scoring – first to 15, if the score is 14-14 sudden death point</p> <p>Court marking for singles – court is long and thin, back tram lines are in side tram lines are out</p> <p>Court marking for doubles – court is short and fat during a serve so the back tram lines are out, but then the whole court is in during play.</p> <p>Tactics – for singles play the long game, force your partner to the back of the court with clears until you can play a drop or a smash</p> <p>Tactics – for a doubles game, play as a team, when attacking play front and back and when defending play side to side. The game should be short and fast with lots of smashes</p>		<p>Keeping score – maths</p> <p>Playing as a team – Social awareness</p>
	Basketball/Volleyball	<p>How to complete the set shot</p> <p>How to complete a dig</p> <p>How to complete a serve</p> <p>How to complete a smash</p> <p>How to score a game of volley ball</p> <p>How to throw and catch the ball across various distances and using a variety of techniques</p> <p>How to dribble</p> <p>How to complete a set shot and lay up.</p> <p>How to defend using man to man and zonal defending</p>	<p>Be able to select the appropriate shot to play and demonstrate the correct technique when executing it.</p> <p>Know how to defend a shot by using the block</p> <p>Know how to win a point in a game</p> <p>Be able to umpire a game of volleyball and know the rotations that need to take place.</p> <p>Demonstrate the correct passing technique for; chest/bounce/javelin/overhead and know when these passes should be used in game play.</p> <p>Be able to use both hands when dribbling, demonstrate a change of direction and pace within a game to outwit an opponent.</p> <p>Be able to demonstrate a set shot and lay up in isolation and game play. Be able to lay up</p>		<p>Keeping score – maths</p> <p>Playing as a team – Social awareness</p>

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	Fitness	Understand how to complete different fitness activities in order to stay fit and healthy	<p>Know how to complete different types of training and which aspects of fitness they improve.</p> <p>Circuit Training, continuous training, interval training, fartlek.</p>		Recording heart rate and other changes to the body – science, maths and GCSE PE
Y11 Term 3	Rounders	<p>Understand how to be effective in rounders when fielding</p> <p>Understand how to be effective in rounders when batting</p> <p>Understand how to umpire</p>	<p>Be able to field using advanced techniques to put pressure on the opponent</p> <p>Be able to bat using advanced techniques to outwit the opponent</p> <p>Be able to umpire from batters position</p> <p>Be able to umpire from bowlers position</p>		<p>keeping score - maths</p> <p>Working as a team - social skills</p>