

Long-term planning
PE Core – Year 11

Year 11 Themes	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
<p>Continuing on from Year 7, 8, 9 & 10 students are taught to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>For those taking one of the KS4 options, the programme followed here will consolidate learning from their</p>	Students will know that					
	<p>Badminton – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Basketball is played to a set of rules and requires a number of skills to be successful.</p> <p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Dodgeball - is played to a set of rules and requires a number of skills to be successful.</p> <p>Fitness – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance. Training plans are a way of tracking fitness.</p>	<p>Badminton – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Basketball is played to a set of rules and requires a number of skills to be successful.</p> <p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Dodgeball - is played to a set of rules and requires a number of skills to be successful.</p> <p>Fitness – components of fitness are necessary in all sports to</p>	<p>Badminton – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Basketball is played to a set of rules and requires a number of skills to be successful.</p> <p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Dodgeball - is played to a set of rules and requires a number of skills to be successful.</p> <p>Fitness – components of fitness are necessary in all sports to</p>	<p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Badminton – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Basketball is played to a set of rules and requires a number of skills to be successful.</p> <p>Fitness – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance. Training plans are a way of tracking fitness.</p> <p>Dodgeball - is played to a set of rules and</p>	<p>Fitness – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance. Training plans are a way of tracking fitness.</p> <p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Badminton – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Basketball is played to a set of rules and requires a number of skills to be successful.</p>	

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<p>exam classes.</p>	<p>plans are a way of tracking fitness.</p>	<p>positively affect performance with varying degrees of importance. Training plans are a way of tracking fitness.</p>	<p>positively affect performance with varying degrees of importance. Training plans are a way of tracking fitness.</p>	<p>requires a number of skills to be successful.</p>	<p>Dodgeball - is played to a set of rules and requires a number of skills to be successful.</p>	
<p>It also allows those who aren't taking a KS4 option to have the confidence to participate and compete in a wide range of sports either during KS4 Games and Wellbeing, or in their own time outside of school and once they have left.</p>	Students will know how					
	<p>Badminton – hold a racket, use various shots to hit/return the shuttle, play a game of badminton.</p> <p>Basketball – pass, shoot defend and dribble. Understand the principles of attack and defence.</p> <p>Football – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence.</p> <p>Dodge ball – attack, evade, defend, catch, block, work as a team.</p>	<p>Badminton – hold a racket, use various shots to hit/return the shuttle, play a game of badminton.</p> <p>Basketball – pass, shoot defend and dribble. Understand the principles of attack and defence.</p> <p>Football – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence.</p> <p>Dodge ball – attack, evade, defend,</p>	<p>Badminton – hold a racket, use various shots to hit/return the shuttle, play a game of badminton.</p> <p>Basketball – pass, shoot defend and dribble. Understand the principles of attack and defence.</p> <p>Football – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence.</p> <p>Dodge ball – attack, evade, defend,</p>	<p>Badminton – hold a racket, use various shots to hit/return the shuttle, play a game of badminton.</p> <p>Basketball – pass, shoot defend and dribble. Understand the principles of attack and defence.</p> <p>Football – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence.</p> <p>Fitness - Power, Agility, Reaction Time, Flexibility,</p>	<p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p> <p>Badminton – hold a racket, use various shots to hit/return the shuttle, play a game of badminton.</p> <p>Basketball – pass, shoot defend and dribble. Understand the principles of attack and defence.</p>	

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	<p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p>	<p>catch, block, work as a team.</p> <p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p>	<p>catch, block, work as a team.</p> <p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p>	<p>Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p> <p>Dodge ball – attack, evade, defend, catch, block, work as a team.</p>	<p>Football – pass, shoot dribble, head and control the ball in order to keep possession and create scoring opportunities. Understand the principles of attack and defence.</p> <p>Dodge ball – attack, evade, defend, catch, block, work as a team.</p>		
	Vocabulary and the concepts they link to						
	<p>Badminton - Drop shot, Smash, Net lift, Net return, Forehand drive, Backhand drive, Serving, Overhead Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court.</p> <p>Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping,</p>	<p>Badminton - Drop shot, Smash, Net lift, Net return, Forehand drive, Backhand drive, Serving, Overhead Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court.</p> <p>Football - dribbling, passing and</p>	<p>Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p>Basketball - set shot, lay-up, rebounding, Jump shot, crossover</p>	<p>Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p>Basketball - set shot, lay-up, rebounding, Jump shot, crossover dribble, pivot, jump stop, triple threat,</p>			

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	<p>drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p>Basketball - set shot, lay-up, rebounding, Jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p>Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.</p> <p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-</p>	<p>receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p>Basketball - set shot, lay-up, rebounding, Jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p>Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.</p> <p>Fitness - Power, Agility, Reaction</p>	<p>dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p> <p>Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.</p> <p>Badminton - Drop shot, Smash, Net lift,</p>	<p>passing (bounce, chest, shoulder, overhead).</p> <p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p> <p>Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, team work, decision making.</p> <p>Badminton - Drop shot, Smash, Net lift, Net return, Forehand drive, Backhand drive, Serving, Overhead</p>		
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	ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.	Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.	Net return, Forehand drive, Backhand drive, Serving, Overhead Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court.	Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court.		
	Assessment					
	Diversity & development of cultural capital					
	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.	Opportunity to participate in fixtures against other schools from different socio-economic backgrounds.
	Cross-curricular opportunities and enrichment					
	Badminton club after school, entry to local and Regional competitions.	Badminton club after school, entry to local and Regional competitions.	Football club after school, entry to local, regional and National cup competitions.	Football club after school, entry to local, regional and National cup competitions.		

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	<p>Basketball club after school, entry to local cup competitions.</p> <p>Football club after school, entry to local, regional and National cup competitions.</p> <p>Fitness suite can be used twice a week after school.</p>	<p>Basketball club after school, entry to local cup competitions.</p> <p>Football club after school, entry to local, regional and National cup competitions.</p> <p>Fitness suite can be used twice a week after school.</p>	<p>Basketball club after school, entry to local cup competitions.</p> <p>Fitness suite can be used twice a week after school.</p> <p>Badminton club after school, entry to local and Regional competitions.</p>	<p>Basketball club after school, entry to local cup competitions.</p> <p>Fitness suite can be used twice a week after school.</p> <p>Badminton club after school, entry to local and Regional competitions.</p>		
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