

***Physical Education Half Term 1***

***YEAR 11 OVERVIEW Pupils will learn:***

***Boys-***

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| **Lesson 1 - Rugby & Futsal** | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** |
| **Scrums - 3 man- Developed** | **Scrums 5 man- Developed** | **Line out and Setting Up- Developed** | **Kicking- Developed** | **N/A** |
| **Distribution and Movement when the goal keeper is in Possession** | **Marking - Tactics** | **Shape and Transition** | **Pass and Move** | **N/A** |

***Girls & Mixed groups-***

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| **Half Term 1 - Netball & Tennis** | | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** | **Lesson 6** |
| **Recap & Assessment of Core Skills** | **Footwork development** | **Passing development** | **Shooting development** | **Academic review** | **Academic review/ Addressing misconceptions** |
| **Tennis - Recap - (Grip - Stance - forehand/backhand/volleying PREPARATION)** | **Volley** | **Drop shot** | **Singles and doubles** | **Academic review** | **Academic review/ Addressing misconceptions** |

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| ***Extracurricular opportunities linked to the sports being taught*** | 1. *Netball Thursdays afterschool* 2. *Football Mondays afterschool* 3. *Girls Football Tuesdays afterschool* 4. *Dodgeball Lunchtime* 5. *Futsal lunchtime* 6. *Futsal years 9-11 Monday afterschool* 7. *Trampolining Lunchtime* |