

KEY Skills and techniques Tactics and strategies Healthy participation

Y10 AUTUMN TERM 1

YR10

Trampolining:

- How do I perform technically correct front and back landings?
- How do I sequence a fluent and complex routine?
- How are creative activities officiated?
- How can I effectively improve my flexibility?

Dance:

- How do I improve the accuracy and precision the set motif?
- How can I create my own routine to music using a range of choreographical devices?
- How do particular training methods influence my ability to dance?

Pickleball:

- How do I perform technically correct footwork for different shots and tactics?
- How do the skill related components of fitness, impact upon my performance?
- How do I train the skill related components of fitness for pickleball?

Football or Netball:

- How would I need to train in order to improve my performance in relation to my fitness?

Y10 AUTUMN TERM 2

Football:

- How do I play the ball into particular areas of the pitch which put the opponent under pressure?
- How do we use shape and movement to maintain possession of the ball?
- How do I train to improve my football related components of fitness?

Netball:

- How do I refine running pass and pivot in the air?
- How do I switch between the other team man and zone marking to prevent the other team scoring?
- How do I know if my fitness training is having a successful impact on my performance?

OR

Rugby:

- How do I maintain good technique at the breakdown?
- How do we use the breakdown to our advantage?
- How do I train to improve my rugby related components of fitness?

Y10 SPRING TERM 1

Basketball:

- How do I perform a lay-up shot under pressure in a range of game related scenarios?
- How do we adapt our defensive strategy based upon the opponent's performance?
- How do I train to improve my basketball related components of fitness?

Handball:

- How do I shoot powerfully with good technique?
- How do we perform set counter-attacking moves?
- How do I train to improve my handball performance?

Y10 SPRING TERM 2

Volleyball:

- How do I perform the set, dig and spike with accurate technique?
- How do I perform the main shots in the correct order?
- How do I train my volleyball related components of fitness?

Softball and rounders:

- How do I disguise and refine my directional batting skills?
- How do we get multiple outs when fielding?
- How do I train for striking and fielding activities?

OR

Diamond Cricket:

- How do I bowl with consistent line and length?
- How do I base my shot selection on the pitch of the ball?
- How would you apply principles of training for cricket?

Y10 SUMMER TERM 1

OAA:

- How do I successfully use a map?
 - How do I work as part of a team to solve complex problems?
 - How do I improve my fitness for OAA activities?
- What OAA activities are available to me?

Athletics:

- How do I use momentum and centre of mass to refine my technique?
- How can I tactically run middle and long distance events in order to achieve the best possible time?
- How do I apply fitness training methods to athletic-based physique adaptations?

Y10 SUMMER TERM 2

Softball and rounders:

- How do I disguise and refine my directional batting skills?
- How do we get multiple outs when fielding?
- How do I train for striking and fielding activities?

OR

Diamond Cricket:

- How do I bowl with consistent line and length?
- How do I base my shot selection on the pitch of the ball?
- How would you apply principles of training for cricket?

Y11 AUTUMN TERM 1

YR11

Football:

- How do I perform a range of passes with greater tempo?
 - How do we implement a gameplan that considers the strengths and weaknesses of our team-mates and opposition?
 - How does football impact upon my physical and mental health?
- How do I continue to take part in Football after I leave year 11?

CHOOSE 2 OF THESE 3

Netball:

- How do I perform a roll off?
 - How can I plan set plays to influence the game?
 - How does netball impact upon my physical and mental health?
- How do I continue to take part in Netball after I leave year 11?

Rugby:

- How do I perform with safe biomechanical technique under pressure in a range of contact scenarios?
 - How do we organize pods to tactically control possession?
 - What other opportunities are open to me in sport other than being a performer?
- How do I continue to take part in rugby after I leave year 11?

Basketball:

- How do I effectively rebound in both attacking and defensive positions?
 - How do we design offensive set moves that involve multiple cuts or screens?
 - How does basketball impact upon my physical and mental health?
- How do I continue to take part in Football after I leave year 11?

Y11 SPRING TERM 1

Volleyball:

- How do I perform digs, sets and spikes with consistent accuracy?
 - How do I know which shots I should take and which I should leave for others to take?
 - What other opportunities are open to me in sport other than being a performer?
- How do I continue to take part in volleyball after I leave year 11?

Tennis:

- How do I select shots and decide when to volley effectively?
 - How do I employ my own gameplan based on the strengths and weaknesses of myself and my opponent?
 - What other opportunities are open to me in sport other than being a performer?
- How do I continue to take part in tennis after I leave year 11?

Y11 SPRING TERM 2

Dodgeball:

- How do I add elements of deception and flair when launching an attack?
- How do we build a defence to create difficulty for the opposing team to win points?
- How does physical activity have positive impacts on my mental health?

Badminton:

- How do I disguise different attacking shots in order to create greater space?
 - How do I vary my shot selection in order to tire my opponent out?
 - How does physical activity improve my mental health and well-being?
- How do I continue to take part in Badminton after I leave year 11?

Y11 SUMMER TERM 1

Diamond Cricket:

- How do I vary the pitch and pace of my bowling within an over?
 - How do we set up our field in line with specific bowling strategies to put pressure on the batsman?
 - How does physical activity have positive impacts on my mental health?
- How do I continue to take part in summer sports after I leave year 11?

Y11 SUMMER TERM 1

Softball and rounders:

- How do I use biomechanical principles in order to hit the ball harder and with accuracy?
 - How do we design our batting order in light of our teams' strengths and weaknesses?
 - How does physical activity have positive impacts on my mental health?
- How do I continue to take part in summer sports after I leave year 11?

KS5