

KEY Skills and techniques Tactics and strategies Healthy participation

Y10 AUTUMN TERM 1

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

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?

Table Tennis:

- How do I increase the power of my shots whilst maintaining accuracy?
- How do we exploit our opponent's weaker shots?
How can I effectively improve my agility to move around the table?
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OR

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 man to 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?

Y10 SPRING TERM 1

CEC Fitness Training (including boxercise):

- How do I perform a technically correct cross and jab?
- How do I develop the key components of fitness required to be successful in boxercise?
- How can different training methods help me develop the adaptations needed to be successful in boxercise?

Badminton:

- How do I develop my footwork to refine my shot technique?
- How do I play a variety of shots to my advantage, exposing my opponent's weaknesses?
How do I officiate effectively?
- How would I train for badminton to improve my performance?

Y10 SPRING TERM 2

Pickleball or Tennis:

- How do I develop my footwork to refine my shot technique?
- How do I play a variety of shots to my advantage, exposing my opponent's weaknesses?
How do I officiate in tennis?
- How would I train for badminton to improve my performance?

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 gain athletic-based physique adaptations?
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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?

Y10 SUMMER TERM 2

Pickleball or Tennis:

- How do I develop my footwork to refine my shot technique?
- How do I play a variety of shots to my advantage, exposing my opponent's weaknesses?
How do I officiate in tennis?
- How would I train for tennis to improve my performance?

Y11 AUTUMN TERM 1

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?

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?

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?

CLASS CHOICE OF EITHER FOOTBALL, RUGBY OR NETBALL

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 basketball 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?

Y11 AUTUMN TERM 2

CEC Run and Fitness Training (including boxercise):

- How do I combine music and dance with boxing to improve my guard, jab and footwork?
- How do I construct a jab sequence whilst maintaining my balance?
- How does physical activity impact upon my physical and mental health?
How do I continue to take part in martial arts and fitness activities after I leave year 11?

Table Tennis:

- How do we add different types of spin to our shots in order to deceive the opponent?
- How do select different types of shot in order to control a rally?
- What other opportunities are open to me in sport other than being a performer?
How do I continue to take part in table tennis 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?

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 out my opponent?
- 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 SPRING TERM 2

Athletics:

- How do I improve my existing technique using technology as an aid?
- How do I implement tactics on own physical 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?

Diamond Cricket:

- How do I vary the over and pace of my bowling in line with the pitch?
- 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?

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?

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