

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Football	Badminton	Basketball	Trampolining	Athletics	Softball
	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment: Control in pressurised situations, passing, shooting, tackling, dribbling, heading, jockeying and goalkeeping skills. They will also learn the application of advanced skills in a structured game situation such as: Wall pass, dribbling past an opponent, pressurised practices, positional sense, tactics, attacking and defensive skills, set pieces, corner kicks, throw-in and goalkeeper’s kicks. They will also learn laws of the game and their application, including refereeing signals.	Students will be taught grips and their use, clears, drop shots, serves, smashes, sidearm strokes, net shots and underarm strokes. They will also develop their game play including Stroke restriction and court restriction drills, structured rallies and plays, tactics – for singles, level doubles and mixed double, positioning in attack and defence; ie formations: front and back; side by side, correct choice and use of the appropriate stroke when attacking or defending, variation, anticipation, deception and serving strategy.	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment, Passing, Dribbling, Shooting, Footwork, Fakes and Positions. Students will also learn application of advanced skills in a structured game situation such as defence;1 versus 1; 2 versus 2; sliding defence; switching defence; guarding; Offence: give and go (wall pass); cut to the basket; offensive roll; 1 versus 1; post play; screen play; blocking out and rebounding.	Students will be taught to assist when folding and unfolding a trampoline and get out and put away a trampoline without assistance. All students will be taught basic jumps, basic and advanced twists, basic landing positions, shaped drops, combinations of movements. They will also be required to perform at least a 6 bounce routine.	Students will develop their technique in a number of throwing, jumping and track events in order to select 2 for assessment.	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment: batting, bowling and fielding. Students will also learn tactics to outwit their opponents, including positional play in the field, restricting runs, fielding placings, backing up post play. They will also learn Laws of the game and their application, including refereeing signals.
ICT	Use of iPads and VLE	Use of iPads and VLE	<u>PEP</u> <i>Multimedia</i>	<u>intoSport</u> <i>Multimedia</i>	Use of iPads and VLE	Use of iPads and VLE
Project			<u>Personal Exercise Programme</u> <i>Video Diary - Multimedia</i>			

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11	<p>Football</p> <p>Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment: Control in pressurised situations, passing, shooting, tackling, dribbling, heading, jockeying and goalkeeping skills. They will also learn the application of advanced skills in a structured game situation such as: Wall pass, dribbling past an opponent, pressurised practices, positional sense, tactics, attacking and defensive skills, set pieces, corner kicks, throw-in and goalkeeper’s kicks. They will also learn laws of the game and their application, including refereeing signals.</p>	<p>Badminton</p> <p>Students will be taught grips and their use, clears, drop shots, serves, smashes, sidearm strokes, net shots and underarm strokes. They will also develop their game play including Stroke restriction and court restriction drills, structured rallies and plays, tactics – for singles, level doubles and mixed double, positioning in attack and defence; ie formations: front and back; side by side, correct choice and use of the appropriate stroke when attacking or defending, variation, anticipation, deception and serving strategy.</p>	<p>Basketball</p> <p>Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment, Passing, Dribbling, Shooting, Footwork, Fakes and Positions. Students will also learn application of advanced skills in a structured game situation such as defence;1 versus 1; 2 versus 2; sliding defence; switching defence; guarding; Offence: give and go (wall pass); cut to the basket; offensive roll; 1 versus 1; post play; screen play; blocking out and rebounding.</p>	<p>Volleyball</p> <p>Students will learn the basic skills of digging, serving and setting. They will play small sided games in an attempt to develop their attacking play. They will develop their knowledge of the game e.g. where to position themselves in attack and defence and the knowledge of the service rotation.</p>	<p>Softball</p> <p>Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment: batting, bowling and fielding. Students will also learn tactics to outwit their opponents, including positional play in the field, restricting runs, fielding placings, backing up post play. They will also learn Laws of the game and their application, including refereeing signals.</p>	
	ICT	Use of iPads and VLE	<u>intoSport</u> <i>Multimedia</i>	<u>Reflective Log</u> <i>Word Processing</i>	Use of iPads and VLE	Use of iPads and VLE
Project			<u>Reflective Log</u> <i>6 session training diary</i>			