

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Unit title	Unit title	Unit title	Unit title	Unit title	Unit title
Year 10	Rugby Potentially worth 10% of overall grade	Basketball Potentially worth 10% of overall grade	Badminton Potentially worth 10% of overall grade	Football Potentially worth 10% of overall grade	Athletics Potentially worth 10% of overall grade	Performance Analysis Worth 10% of overall grade
	<p>Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment including the individual skills of passing, receiving, kicking and beating opponents. They will also learn team skills including: Set scrummaging, line out play and rucking and mauling.</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>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; i.e. 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>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>Students will develop the technique in a number of throwing, jumping and track events in order to select two for assessment.</p>	<p>Students are required to analyse and evaluate a performance in one activity from the specification. Students can analyse and evaluate their own performance or the performance of another person, so long as it is in an activity that is from the specification. Students are required to analyse and evaluate a performance to identify two strengths and two weaknesses. They then need to produce an action plan that suggests ways to improve upon the two weaknesses that they have identified.</p>
Assessment	Practical assessment 10 marks skills 15 marks game	Practical assessment 10 marks skills 15 marks game	Practical assessment 10 marks skills 15 marks game	Practical assessment 10 marks skills 15 marks game	Practical assessment 10 marks skills 15 marks game	Typed document required.

	Unit title	Unit title	Unit title	Unit title	Unit title	Unit title
Year 11	Cricket Potentially worth 10% of overall grade	Volleyball Potentially worth 10% of overall grade	Preparation for practical moderation Worth 40% of the overall grade			
	Students will learn advanced skills developed in structured plays to enable students to perform in the context of the assessment including batting, bowling and fielding. Students will also learn tactics including shot restriction, fielding placing for attacking and bowling changes. They will also learn Laws of the game and their application, including refereeing signals.	Students will learn how to serve as well as the service rotation once service is handed over. Students will also learn the dig and the set and how players should structure and move during an attack. Students will also be able to officiate the game and have knowledge of the signals.	Students will focus on their 3 chosen activities ensuring that their individual skills, knowledge of the rules / laws and fitness levels are at the appropriate standard for a practical moderation.			
Assessment	Practical assessment 10 marks skills 15 marks game	Practical assessment 10 marks skills 15 marks game	Practical Assessment 3 Activities each marked out of 25 Performance Analysis marked out of 25			