

	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	<p>Netball Potentially worth 10% of overall grade</p> <p>Students will learn catching, passing, footwork, shooting, techniques of getting free, defending, and intercepting and the tossup. There will also learn to develop their gameplay skills by learning how to dodge to receive a pass, systems of centre passes and set plays, holding the space, backing up to the edge of the circle, throwing is, blocking, zoning and defending the space.</p> <p>Students will learn how to efficiently game of netball, including fouls, penalty and free passes, sideline and centres.</p>	<p>Hockey Potentially worth 10% of overall grade</p> <p>Students will learn advanced skills developed instruction place to enable students to perform in the context of assessment: use of the stick, receiving the ball, stopping the ball, dribbling, tackling, and beating an opponent, shooting and goalkeeping skills. There will also learn the laws of the game in the application including refereeing signals.</p>	<p>Badminton Potentially worth 10% of overall grade</p> <p>students will be to grips and a use, clears, dropshots, serves, smashes, side on strokes, and it shots and under arms jokes. I will also develop the gameplay including/restriction court restriction rules, structured rallies in place, tactics were singles, level doubles and mixed doubles, positioning in attack and defence IE formations: front and back; side-by-side, correct choice and use of appropriate/when attacking or defending, variation, anticipation, deception and serving strategy.</p>	<p>Trampolining Potentially worth 10% of overall grade</p> <p>Students will be taught to assist when folding and unfolding a trampoline and to get out and put away trampoline without assistance. All students will be taught basic jumps, basic and advanced twists, basic learning positions, shaped drops, combinations of movements. They will also be required to perform at 10 Bounce routine.</p>	<p>Athletics Potentially worth 10% of overall grade</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>Performance Analysis Worth 10% of overall grade</p> <p>Students are required to analyse and evaluate a performance in one activity from the specification.</p> <p>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.</p> <p>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

	Unit title	Unit title	Unit title	Unit title	Unit title	Unit title
Year 11	Dance 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 plan and perform one dance, demonstrating a range of, Travel, locomotion, stepping and pathways, Balance and stillness, Rotation, turning and weight transference, Jumps and elevations, Gestures and motifs. The style of dance chosen for assessment must enable the student to display each of the core skills/techniques specified, and must enable the student to be assessed against the dance descriptors.	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			