**Curriculum Overview for Core PE**

**Year 11**

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| **Half Term 3: Rotation of Sports****Substantive Knowledge:**Football:* Striking the ball
* Applying power / swerve / curl to the ball using different parts of the foot
* Jockeying and defensive body position
* Formations
* Attacking play
* Defensive set up
* Set pieces

Badminton:* Serving – flick serve and high serve
* Smash shot
* Backhand overhead clear
* Forehand drive
* Net kill
* Net lift

Bench ball:* Range of passing – chest/bounce and overhead
* Defensive strategies – man marking / zonal defence
* Ways to communicate
* Attacking with width
* Speed, agility and balance

Netball:* Running footwork
* Umpiring
* Defensive tactics
* Centre pass tactics
* Attacking tactics
* Shooting from range and one footed

Basketball:* Defensive strategies – man marking / zonal defence / full court and half court press
* Attacking strategies
* Screening
* Pick and roll
* Fast break
* Rules around the key

**Disciplinary Knowledge:**Football:* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of pass to meet the demands of a game

Badminton:* Pupils to perform skills within drills, conditioned games, singles and doubles games.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of pass to meet the demands of a game

Netball:* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of pass to meet the demands of a game

Basketball:* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of pass to meet the demands of a game
 | Speech | Football:OffsidePressJockeyRecoveryDefensive lineCommunicationDiagonalChannelsWidthCounter-attack |
| Speech | Badminton:LungeSplit stepReady position / back to baseSmashPowerAgilityCoordinationTrajectory |
| Speech | Benchball:TeamworkCommunicationSpatial awarenessPassReceiveCounter-attackPressMan to man |
| Speech | Netball:TacticsCoachingAttackDefenceFootworkLungeDodgeDriveContact |
| Speech | Basketball:Double dribbleTravelBack court violationZonalHalf courtScreenContactKey |
| Checklist RTL |  |