**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:  Offside  Press  Jockey  Recovery  Defensive line  Communication  Diagonal  Channels  Width  Counter-attack |
| Speech | Badminton:  Lunge  Split step  Ready position / back to base  Smash  Power  Agility  Coordination  Trajectory |
| Speech | Benchball:  Teamwork  Communication  Spatial awareness  Pass  Receive  Counter-attack  Press  Man to man |
| Speech | Netball:  Tactics  Coaching  Attack  Defence  Footwork  Lunge  Dodge  Drive  Contact |
| Speech | Basketball:  Double dribble  Travel  Back court violation  Zonal  Half court  Screen  Contact  Key |
| Checklist RTL |  |