



What Year 11 students will learn in the Spring Term in

Football

1. Lead a small group warm up for football, to prevent injury and be able to perform in full games.
2. Be able to play safely in a full game, applying the rules of football.
3. Be able to play in different positions in a full game.
4. Be able to apply tactics in both attacking and defending scenarios in a full game.
5. Develop accuracy and consistency of performing core skills – passing, shooting, heading, dribbling.
6. Be able to perform core skills - passing, shooting, heading, dribbling – effectively in a full game.

Basketball

1. Be able to demonstrate weaker hand reverse lay ups.
2. Be able to set screens and blocks effectively in games
3. Be able to demonstrate the jump shot
4. Be able to keep width in attack and vary angles of running.
5. To develop strategies to attack & defend as part of a team.
6. Be able to communicate effectively when refereeing

Volleyball

1. Students should be able to understand the basic formation
2. Name the positions and the role each player plays.
3. Students should be able to serve on a full-sized court, developing their accuracy of the serve
4. Apply the correct rotations following a serve
5. Students should be able to apply basic tactics to their team's play
6. Students should develop their ability to 'Dig' the ball when facing a more potent serve
7. Students should understand the concept of 'blocking' and be able to apply this in pairs in a game
8. Students should be able to play in full sided games, performing the basic skills with a high level of accuracy

Table Tennis

- 1 Be able to link shots with more consistency and fluency
- 2 Develop ability to attack in singles and doubles
- 3 develop ability to defend more effectively in singles and doubles
- 4 develop proficiency in singles play in terms of rule application & accurate use of complex skills.
- 5 develop proficiency in singles play in terms of rule application & accurate use of complex skills.

Additional Information

Year 11 focus is being able to perform a range of complex skills accurately in a game situation, effectiveness in a full game context and being able to officiate a full-sided game accurately. We do this is to maximise chances of students achieving a high grade in GSCE PE and to also give the best chance of students continuing to take part in sport when they join JMHS VI Form or leave JMHS.