

Subject Curriculum Overview for Academic Year 2022/2023

Subject: Core PE		Subject Leader: Jordan Kontarines	Year Group: 11	AUTUMN TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Basketball	<ol style="list-style-type: none"> 1. Be able to play right hand lay ups with more consistency & accuracy. 2. Be able to demonstrate a left hand (non-dominant hand) lay-up 3. Know what a screen is and how to set screens 4. Be able to perform set shot with more consistency & accuracy 5. Be able to demonstrate the jump shot 6. Be able to keep width in attack and vary angles of running including 3-man weave. 7. To develop strategies to attack and defend as a team 	Accuracy Flick of the wrist Trajectory Flex and extend Weave Box-out Zonal Man-to-man	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.	
Football	<ol style="list-style-type: none"> 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. 	Offside (trap) Between the lines Curl Accuracy Whip Narrowing the angle Create space Being an option		
Handball	<ol style="list-style-type: none"> 1. Develop ability to perform a range of passes effectively in a full-sided game situation 2. Develop dribbling skills in a full-sided game situation 3. Be able to apply tactics effectively in a full-sided game situation 4. Be an effective player in a given position in a full-sided game situation in attack. 5. Be an effective player in a given position in a full-sided game situation in defence 6. Be able to lead a large group in a shooting practise drill 7. Be able to confidently umpire a full-sided game and use correct signals 	Tackle Positional names Narrowing the angle Create space Being an option Spin		

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Topic	Key Learning Points	Key Vocabulary	Assessments	
Netball	<ol style="list-style-type: none"> Rules & Officiating – footwork (can't move landing foot, pivot, jump release, step in), distance (3 ft away, if player steps in defender doesn't need to readjust, distance from feet not arms), possession (toss up) Rules & Officiating – confidently show where the offence happened and the direction of play for the team, contact (penalty pass, offender stands out of play), replay (ball bouncing more than once, not in control of the ball, hand signal to show the replay signal) and offside (clear understanding of where the positions are to know where offside is, centre pass players don't come over the line before the whistle, unless in the air). Analysis of players strengths and weaknesses. Analysis of set plays and tactics – set centre plays (stack, overload, defence comes forward), defensive tactics (zonal, man to man or for circle defence switching in the D), shooting (step in, front hold, back hold, shooter to shooter, split) how effective were these on court, how could the team use these more effectively, communication of these tactics. Analysis of effective play V's another team, exposing their weaknesses Full tournament run by students 	Obstruction Contact Offside Footwork Create Space Overload	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.	
Hockey	<ol style="list-style-type: none"> Students should be able to recap, demonstrate and apply the safety rules in Hockey Students should be able to coach and feedback to others regarding their Push Passing, Slap pass, hitting technique in a practice and game situation Students should be able to use a range of Tackling techniques with correct timing in a game situation – Recap Block tackle and Jab tackle, introduce reverse tackle. Students should be able to attempt Elimination skills in a game situation (e.g: push and run around other side) Students should be able to respond to the opposite teams' strengths when planning tactics for Short Corners (in defence and attack) – students create their own tactical plays in attack and defence. Students umpire themselves with full rules. Students should be able to apply tactics from a long corner in order to bring about a positive outcome (shot on goal or short corner) 	Slap Drive Power Momentum Man to man Zonal		

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	<ol style="list-style-type: none"> 7. Students should be able to plan and execute set plays from various pitch positions to outwit opponents (centre pass, long corner, short corner, lifted free pass/Arial) 8. Students should be able to play a Half pitch game – Apply formations and set plays/tactics in game situation by responding to the other teams strengths and weaknesses. Students umpire themselves with full rules. 9. Students should be able to play a Full 11 a side pitch game – if class are able and task is relevant. 10. Assessment – core tasks and game play using rules and skills learnt. 		
Subject: Core PE	Subject Leader: Jordan Kontarines	Year Group: 11	SUMMER TERM
Topic	Key Learning Points	Key Vocabulary	Assessments
Rounders	<ol style="list-style-type: none"> 1. Students should be able to safely throw and catch, with varying distances and trajectories adding spin and power dependant on decision made/throw required. 2. Students should be able to bowl with accuracy, varying trajectory, pace, spin and direction. 3. Students should demonstrate backstop decision making and movement into the field to support tactics within a game. 4. Students should be able to hit the ball frequently and apply a choice of hit – students to vary hit dependant on strengths and weaknesses of the opposing team. 5. Students should be able to make accurate decisions when fielding, using a range of skills to respond to the batters and strengths of the opposing team. 6. Students should develop their tactical awareness in Games, by using planned team tactics and creating their own to outplay the opposing team. 7. Students should be able to umpire a full game and experience the roles required to lead a tournament 	Trajectory Tactical awareness Golden Triangle Rules and regulations	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.

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Cricket	<ol style="list-style-type: none"> 1. Slip catching and consolidating catching techniques under pressure – fingers up or fingers down methods 2. Effective game play – selecting and applying the right shot. 3. Finding the gap in the field via conditioned games – move your feet, pitch of the ball, open the face 4. Lofted drives – move to the pitch of the ball, negate spin, timing, high elbow and follow through 5. Different game scenarios – how to bat/bowl in each type of situation 6. Slower ball, arm ball, googly - Disguise when bowling and variations 7. More complex rules – no ball (evasive action run out), number of players behind square on leg side 	<p>Long barrier, short barrier, one handed intercept.</p> <p>Spin</p> <p>Slip cordon</p> <p>Footwork</p> <p>Swing</p>	
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How parents can support learning in the subject this academic year

Make sure your child brings in the correct PE uniform: rugby shirt, navy JM t-shirt, navy shorts/skorts, navy tracksuit bottoms, blue rugby socks with the gold trim/white socks.

Shin pads are needed for football and hockey.

Gum shields are strongly recommended for hockey and rugby (National Governing Body guidance).

Encourage your child to take part in regular exercise at the weekend.

Encourage your child to attend the afterschool sports clubs.

Play games with your child, throwing and catching and practise other skills like changing direction.

Recommended Reading

There are many superb sports books in the school library that are suitable for students to enjoy.

Points to note

There are many excellent sports clubs in the local area. Here are a handful that I would recommend. Please note that this list is not exhaustive.

Cricket – Colwall, Ledbury, Dymock, Redmarley, Bartestree

Football – Ledbury Swifts

Rugby – Ledbury Rugby Football Club

Athletics – Hereford/Worcester

Tennis – Ledbury Tennis Club

Hockey – Newent/Malvern

Basketball – Leadonites

JMSport – Courts and facility hire (squash, badminton, table tennis, martial arts)

Ledbury Leisure Centre – swimming