

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Rotating	Rotating	Rotating	Rotating	Rotating	Rotating
<p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Dance Skills: Poise, flexibility, motif, creativity</p> <p>Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>Hockey Skills: Attacking, defending, passing and possession, shooting, using space, travelling e.g. Indian dribble, control/receiving.</p>	<p>Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>Trampolining Skills: Balance, control, techniques, routines.</p> <p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting</p>	<p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Handball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p>	<p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting.</p> <p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Trampolining: Skills: Basic core skills, straddle, pike, tuck, seat drop, back drop, front drop.</p> <p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting,</p>	<p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting.</p> <p>Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p> <p>Volleyball Skills: Serving, Spike, Set, passing, tactics.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>

<p>Touch Rugby Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>SMSC and British Values: Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p>opponents. Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>using space, travelling, control. HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>SMSC and British Values: Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>
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Enrichment/Extra Curriculum:

- *Interschool matches and competitions.* Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.
- Pupils should be taught to:
- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Rotating	Rotating	Rotating	Rotating	Rotating	Rotating
<p>Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Outwitting Opponents Hockey/ Netball</p> <p>Trampolining Skills: Balance, control, techniques, routines.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control</p>	<p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Trampolining Skills: Balance, control, techniques, routines.</p> <p>Outwitting Opponents Badminton/Table Tennis</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p>	<p>Trampolining Skills: Balance, control, techniques, routines.</p> <p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>Circuit Training</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p> <p>HRE Skills: Exercise technique, types of training, components of fitness, fitness testing.</p>	<p>Rounders Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>OAA Skills: Teamwork, communication, leadership, problem solving, map reading.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p>
SMSC and British Values: Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>	SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>	SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>	SMSC and British Values: Teamwork, Leadership, Sportsmanship, Creativity and Ethics.	SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i>
Enrichment/Extra Curriculum:					
<ul style="list-style-type: none"> <i>Interschool matches and competitions</i> Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities 					

that develops personal fitness and promotes an active, healthy lifestyle.

- Pupils should be taught to:
- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

Physical Education at Cox Green 2017-2018

Curriculum Plan

Key Stage 4 - Practical

Year 11

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Rotating	Rotating	Rotating	Rotating	Rotating	Rotating
<p>Badminton Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>Trampolining Skills: Balance, control, techniques, routines.</p> <p>Analysis of Performance</p> <p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Fitness Skills: Exercise technique, types of training, components of fitness, fitness testing.</p> <p>Exercise to Music</p> <p>Outwitting Opponents Volleyball and Basketball.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control</p> <p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Basketball Skills: Attacking, defending, passing and possession, shooting, using space, travelling, ball familiarisation.</p> <p>Football Skills: Attacking, defending, passing and possession, shooting, using space, travelling, control</p> <p>Netball Skills: Attacking, defending, passing and possession, shooting, using space, pivoting, receiving on the move</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Dodgeball</p> <p>Leadership and Officiating</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p> <p>Table Tennis Skills: Forehand, backhand, the serve, exploiting weaknesses, space, outwitting opponents.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Self Defence</p> <p>Circuit Training</p> <p>Dance Skills: Poise, flexibility, motif, creativity.</p> <p>Gymnastics Skills: Creativity, control, balance, travelling, flight, teamwork, flow, posture.</p> <p>Athletics Skills: Performing a maximum levels, recording, pacing, power, target setting</p> <p>Cricket Skills: Batting, bowling, fielding, catching, throwing, strategy.</p> <p>SMSC and British Values: <i>Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</i></p>	<p>Exams</p>
<p>Enrichment/Extra Curriculum:</p> <ul style="list-style-type: none"> <i>Interschool matches and competitions.</i> Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Pupils should be taught to: 					

- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.