

**Subject: GCSE PE****Year: 10/11**

<b>Autumn HT 1 -</b> <b>Athletics</b> (Developing Techniques & Analysing Performance)	<b>Autumn HT 2 -</b> <b>Basketball</b> (Developing Techniques & Tactics and Strategies)	<b>Spring HT 1 -</b> <b>Trampolining</b> (Developing Techniques & Analysing Performance) <b>Handball</b> (Developing Techniques & Tactics & Strategies)	<b>Spring HT 2 -</b> <b>Trampolining 2</b> (Developing Techniques & Analysing Performance) <b>Handball 2</b> (Developing Techniques & Tactics & Strategies)	<b>Summer HT 1 -</b> <b>Athletics</b> (Developing Techniques & Analysing Performance)	<b>Summer HT 2 -</b> <b>Football</b> (Developing Techniques & Tactics and Strategies) <b>Netball</b> (Developing Techniques & Tactics and Strategies)
<p>To develop an understanding of the five key components of the warm-up, the importance of a warm-up and be able to give specific sporting examples.</p> <ul style="list-style-type: none"> <li>• Pulse raiser</li> <li>• Mobility</li> <li>• Static stretching</li> <li>• Dynamic movements</li> <li>• Skill rehearsal</li> </ul> <p><b>Running events 100m – 1500m</b></p> <ul style="list-style-type: none"> <li>• Pace over the middle to long distances.</li> <li>• <b>Tactics of a middle-distance race</b></li> <li>• <b>Sprint start technique</b></li> <li>• To understand the phases of a sprint race and <b>sprinting technique</b></li> <li>• To lead and officiate (timing and measuring)</li> </ul> <p><b>Throws (Javelin/discuss/shot put)</b></p> <ul style="list-style-type: none"> <li>• To understand the safety aspects of throwing events</li> <li>• Javelin, shot put and discus technique (<b>angle of release</b>) (stance/grip/trajectory/transfe r of weight)</li> <li>• to be able to analyse the performance of others.</li> <li>• <b>Use of a run up/shuffle/spin</b></li> </ul> <p><b>Jumps (Long Jump)</b></p> <ul style="list-style-type: none"> <li>• To understand how to measure a run up</li> <li>• <b>Phases of the long jump (run up/take off/flight/landing)</b></li> <li>• to be able to analyse the performance of others.</li> </ul>	<p>To develop an understanding of the five key components of the warm-up, the importance of a warm-up and be able to give specific sporting examples.</p> <ul style="list-style-type: none"> <li>• Pulse raiser</li> <li>• Mobility</li> <li>• Static stretching</li> <li>• Dynamic movements</li> <li>• Skill rehearsal</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Game Familiarisation (rules, structure, positions)</li> <li>• Footwork, pivoting, squaring to the basket and the triple threat position</li> <li>• Passing technique (chest pass, bounce pass and overhead pass)</li> <li>• Dribbling <b>technique (both hands)</b></li> <li>• Set shot and jump shot technique</li> <li>• Lay-up technique (dominant and <b>non-dominant hand</b>)</li> <li>• <b>Rebounding</b></li> <li>• <b>Beating defenders – cross over and fake and rake</b></li> <li>• <b>Team attacking – pass and cut</b></li> </ul> <p>Gameplay to work on decision making and tactical awareness.</p>	<p>To develop an understanding of the five key components of the warm-up, the importance of a warm-up and be able to give specific sporting examples.</p> <ul style="list-style-type: none"> <li>• Pulse raiser</li> <li>• Mobility</li> <li>• Static stretching</li> <li>• Dynamic movements</li> <li>• Skill rehearsal</li> </ul> <p><b>Handball</b></p> <ul style="list-style-type: none"> <li>• Game/ball familiarisation (rules, structure, positions)</li> <li>• Passing technique – overhead, bounce, short and long distances. <b>Catching one handed</b></li> <li>• Adopting correct attacking court positions</li> <li>• Passing effectively around the goal area using in and out movement</li> <li>• Performing shots with height/power and accuracy</li> <li>• <b>Falling/striding jump shot</b></li> </ul> <p><b>Trampolining</b></p> <ul style="list-style-type: none"> <li>• Safe practice, basic shapes and seat landings</li> <li>• Seat landing rotations (seat to front/front to seat)</li> <li>• Swivel hips set (seat – turn – seat – turn – pike)</li> <li>• Front land (from height with confidence)</li> <li>• <b>Front land variations</b> (in and out)</li> </ul>	<p>To develop an understanding of the five key components of the warm-up, the importance of a warm-up and be able to give specific sporting examples.</p> <ul style="list-style-type: none"> <li>• Pulse raiser</li> <li>• Mobility</li> <li>• Static stretching</li> <li>• Dynamic movements</li> <li>• Skill rehearsal</li> </ul> <p><b>Handball</b></p> <ul style="list-style-type: none"> <li>• Using individual attacking skills to beat defenders such as the feint</li> <li>• Using the different phases of attack (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)</li> <li>• Using team set plays to create space and scoring opportunities</li> <li>• Using team defensive structures and applying a 6-0 or a 5-1 defence</li> <li>• <b>Steal/screen/tackle</b></li> </ul> <p><b>Trampolining</b></p> <ul style="list-style-type: none"> <li>• Back land (from height with confidence)</li> <li>• <b>Back land variations</b> (in and out)</li> <li>• <b>Front somersault</b></li> <li>• Routines – Link basic skills together</li> <li>• (Developing techniques and analysing performance throughout)</li> <li>• <b>Execution including flow, extension, height, travel</b></li> </ul>	<p>To develop an understanding of the five key components of the warm-up, the importance of a warm-up and be able to give specific sporting examples.</p> <ul style="list-style-type: none"> <li>• Pulse raiser</li> <li>• Mobility</li> <li>• Static stretching</li> <li>• Dynamic movements</li> <li>• Skill rehearsal</li> </ul> <p><b>Running events 100m – 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Shoulder)</li> <li>• Shooting and rebounding (GS/GA)</li> <li>• Marking</li> <li>• <b>Catching on the run/in the air</b></li> <li>• <b>Passing over mid-long distances</b></li> <li>• <b>Shadowing/interception</b></li> </ul>

Highlighted sections refer to *advanced skills* in each sport/activity