



SRS –Curriculum Overview – Physical Education

	Year 10 Key knowledge/skills	Year 11 Key knowledge/skills	Resources & Information for parents/students
Indoor Invasion games	<p>Basketball: Passing, dribbling, set shot (jump shot), lay-up, lay-up continued, game play.</p> <p>Dodgeball: Throwing, catching, dodging, communication, teamwork</p> <p>Futsal: Passing, receiving, control and turning, dribbling and movement</p> <p>Goalball: Communication, teamwork, spatial awareness, decision making, listening skills</p> <p>Handball: Ball familiarisation, dribbling, passing, shooting, positions, defending and contact area, game play.</p> <p>Kinball: Throwing, catching, communication, teamwork, strategies and tactics</p>	<p>Basketball: Passing, dribbling, set shot (jump shot), lay-up, lay-up continued, game play.</p> <p>Dodgeball: Throwing catching, dodging, communication, teamwork</p> <p>Futsal: Passing, receiving, control and turning, dribbling and movement</p> <p>Goalball: Communication, teamwork, spatial awareness, decision making, listening skills</p> <p>Handball: Ball familiarisation, dribbling, passing, shooting, positions, defending and contact area, game play.</p> <p>Kinball: Throwing, catching, communication, teamwork, strategies and tactics</p>	
Outdoor Invasion Games	<p>Football: Passing, receiving, control and turning, 2 v 2 dribbling and movement</p> <p>Gaelic Football; Passing, punting, receiving, control and turning, dribbling and movement</p> <p>Netball: fundamental skills (passing and receiving), advance dodge, stage of defence, shooting.</p> <p>Tag Rugby: Passing, catching, kicking, positioning of players on the field, game play.</p> <p>Tchouckball : Throwing, catching, communication, teamwork, strategies and tactics</p> <p>Ultimate Frisbee: Throwing, catching, communication, teamwork, strategies and tactics</p>	<p>Football: Passing, receiving, control and turning, 2 v 2 dribbling and movement</p> <p>Gaelic Football; Passing, receiving, control and turning, dribbling and movement</p> <p>Netball: fundamental skills (passing and receiving), advance dodge, stage of defence, advanced shooting.</p> <p>Tag Rugby: Passing, catching, kicking, positioning of players on the field, game play.</p> <p>Tchouckball: Throwing, catching, communication, teamwork, strategies and tactics</p> <p>Ultimate Frisbee: Throwing, catching, communication, teamwork, strategies and tactics</p>	



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<p>Striking and fielding</p>	<p>Cricket: Throwing, catching, communication, teamwork, strategies and tactics</p> <p>Football Rounders: Kicking, communication, teamwork, strategies and tactics</p> <p>Rounders: Throwing, catching, communication, teamwork, strategies and tactics</p> <p>Softball: Throwing, catching, communication, teamwork, strategies and tactics</p> <p>VX: Throwing, catching, co-ordination, communication, teamwork, strategies and tactics</p> <p>Danish Longball: Kicking, communication, teamwork, strategies and tactics</p>	<p>Cricket: Throwing, catching, communication, teamwork, strategies and tactics</p> <p>Football Rounders: Kicking, communication, teamwork, strategies and tactics</p> <p>Rounders: Throwing, catching, communication, teamwork, strategies and tactics</p> <p>Softball: Throwing, catching, communication, teamwork, strategies and tactics</p> <p>VX: Throwing, catching, co-ordination, communication, teamwork, strategies and tactics</p> <p>Danish Longball: Kicking, communication, teamwork, strategies and tactics</p>	
<p>Net and wall games</p>	<p>Table Tennis: Serving, reaction time, co-ordination, strategies and tactics</p> <p>Badminton: Serving, reaction time, co-ordination, strategies and tactics</p> <p>Indoor Tennis: Serving, reaction time, co-ordination, strategies and tactics</p> <p>Seated Volleyball: Serving, movement, reaction time, co-ordination, strategies and tactics</p> <p>Volleyball: Serving, movement, reaction time, co-ordination, strategies and tactics</p>	<p>Table Tennis: Serving, reaction time, co-ordination, strategies and tactics</p> <p>Badminton: Serving, reaction time, co-ordination, strategies and tactics</p> <p>Indoor Tennis: Serving, reaction time, co-ordination, strategies and tactics</p> <p>Seated Volleyball: Serving, movement, reaction time, co-ordination, strategies and tactics</p> <p>Volleyball: Serving, movement, reaction time, co-ordination, strategies and tactics</p>	
<p>Health and Fitness</p>	<p>Step Aerobics: Cardiovascular endurance, muscular endurance, aerobic and anaerobic thresholds, Power, strength</p> <p>Body Pump: Cardiovascular endurance, muscular endurance, aerobic and anaerobic thresholds, Power, strength</p>	<p>Step Aerobics: Cardiovascular endurance, muscular endurance, aerobic and anaerobic thresholds, Power, strength</p> <p>Body Pump: Cardiovascular endurance, muscular endurance, aerobic and anaerobic thresholds, Power, strength</p>	



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	<p>Boot Camp: Cardiovascular endurance, muscular endurance, aerobic and anaerobic thresholds, Power, strength</p> <p>Pilates: Muscular endurance, aerobic and thresholds, control, core strength, flexibility</p> <p>Tabata: Cardiovascular endurance, muscular endurance, aerobic and anaerobic thresholds, Power, strength</p> <p>Yoga: Muscular endurance, aerobic and thresholds, control, core strength, flexibility</p>	<p>Boot Camp: Cardiovascular endurance, muscular endurance, aerobic and anaerobic thresholds, Power, strength</p> <p>Pilates: Muscular endurance, aerobic and thresholds, control, core strength, flexibility</p> <p>Tabata: Cardiovascular endurance, muscular endurance, aerobic and anaerobic thresholds, Power, strength</p> <p>Yoga: Muscular endurance, aerobic and thresholds, control, core strength, flexibility</p>	
Leadership	<p>Teaching pupils in year 3 – 6 skills from cricket, handball or football session.</p> <p>Focus on communication, planning organising and leading a session in groups.</p>		