




Physical Education Curriculum Map 2023-24

<p>Endeavour Federation Curriculum vision</p> 	<p>At the Endeavour Federation, we follow an adapted National Curriculum, with wellbeing central to everything we do. We offer a broad and balanced curriculum, with all students having the opportunity to study a range of subjects, following bespoke pathways. The study of these subjects, allows pupils to apply theoretical knowledge to the practical elements of the curriculum.</p> <p>We believe in all our students and have high expectations for their futures. A comprehensive package of both pastoral and learning support, delivered by highly trained staff, allows them to navigate their learning journeys and improve their life outcomes, becoming the best versions of themselves.</p>
<p>Physical Education vision</p> 	<p>The Physical Education curriculum aims to inspire and enable all pupils to succeed through enjoyment of participating and developing a wide range of skills during both team and individual sports. While developing knowledge and concepts alongside these practical skills.</p> <p>We provide our young people with the skills to cope and succeed in the wider world by embedding cultural capital and celebrating diversity through a wide range of sports and activities.</p>

Careers (CEIAG)	Cultural Capital	Enrichment Opportunities	Preparing for life in modern Britain	Literacy and Communication
				

PE - Curriculum 'at a glance'

	Autumn		Spring		Summer	
Year 7	Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games Basketball	Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games Handball	Learn the rules to play and keep score of new net and wall games – Volleyball Volleyball	Learn the rules to play and keep score of new net and wall games – Badminton Badminton	Passing with accuracy, effective movement, shoot with accuracy and tackle safely. Hockey	Understanding rules, how to score and role of referee/umpire Football
Year 8	Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games Basketball	Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games Handball	Develop consistency across previously learnt skills and introduce new shots. Start to use tactics to overcome opponents. Volleyball	Progression of badminton and dodgeball skills learnt in year 7. How to use effectively in game situations- start to use Tactics. Badminton	Understand when and how to use different strokes. How to be more effective with shots. Develop the techniques for passing, shooting, dribbling Hockey	Increase knowledge of muscles, movements and introduce components of fitness. Use different tactics and techniques when competing in different events to overcome opponents. Football
Year 9	Prepare students for BTEC Sports performance. Basketball	Develop and progress skills previously learnt; passing and movement, with use of tactics to overcome opponents. Handball	Develop consistency across previously learnt skills and introduce new shots. Start to use tactics to overcome opponents. Volleyball	Use the skills learnt in badminton and tennis to create tactics to overcome opponents. Further develop analytical skills in sports performance, and relate to previous performance. Badminton	Develop consistency across previously learnt skills and introduce new shots. Start to use tactics to overcome opponents. Hockey	Increase knowledge of muscles, movements and introduce components of fitness. Use different tactics and techniques when competing in different events to overcome opponents. Football
Year 10	Understand when and how to use different shots. How to be more effective with shots. Develop the techniques for passing, shooting, dribbling	Develop and progress skills previously learnt; passing and movement, with use of tactics to overcome opponents. Handball	BTEC Sport L1 - Unit 2 practical performance in sport	BTEC Sport L1 - Unit 2 practical performance in sport	BTEC Sport L1 – Unit 6 leadership in sport	BTEC Sport L1 – Unit 6 leadership in sport
Year 11	Understand when and how to use different shots. How to be more effective with shots. Develop the techniques for passing, shooting, dribbling Basketball	Develop and progress skills previously learnt; passing and movement, with use of tactics to overcome opponents. Handball	Develop consistency across previously learnt skills and introduce new shots. Start to use tactics to overcome opponents. Volleyball	Use the skills learnt in badminton to create tactics to overcome opponents. Further develop analytical skills in sports performance, and relate to previous performance. Badminton		


		Term 1		Term 2		Term 3	
	Weeks	7	7	7	5	6	7
	Core Knowledge/ Skills and Concepts	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer 1	Summer 2
Year 7		<p>Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games</p> <p>Learn the rules to play and keep score of new invasion games – Basketball</p> <p>Use sport specific skills and knowledge of rules in game and modified game scenarios.</p> <p>Improve vocabulary and score keeping.</p>	<p>Building on fundamental basics learnt in KS2, starting to learning sport specific skills -Invasion Games</p> <p>Learn the rules to play and keep score of new invasion games – Handball</p> <p>Use sport specific skills and knowledge of rules in game and modified game scenarios.</p> <p>Different score keeping involved to test numeracy skills, while developing vocabulary.</p>	<p>Building on hand-eye co-ordination skills developed in KS2</p> <p>Learn the rules to play and keep score of new net and wall games – Volleyball</p> <p>Vocabulary learning new techniques and numeracy developed through a range of score keeping</p>	<p>Developing Agility, Balance and Co-ordination skills built in KS2. Hand eye co-ordination and body control moving, dodging and judging flight.</p> <p>Learn the rules to play and keep score of new net and wall games – Badminton</p> <p>Vocabulary and numeracy developed through new scoring systems and skills</p>	<p>Developing Agility, Balance and Co-ordination skills built in KS2. Hand eye co-ordination and body control moving. Understanding the rules and apply correct scoring for hockey</p> <p>Numeracy involving fractions.</p> <p>Growth Mindset techniques to deal with perseverance in individual sports</p>	<p>Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games</p> <p>Learn the rules to play and keep score of new invasion games – Football</p> <p>Use sport specific skills and knowledge of rules in game and modified game scenarios.</p> <p>Improve vocabulary and score keeping.</p>
	Weekly Focus	1. Passing a basketball, looking at learning the overhand pass.	1. Passing a handball, looking at learning the overhand pass.	1. Underarm serves (Volleyball) – hitting with a closed fist	1. Underarm and backhand serves (Badminton). Rules on service	1. Passing and Handling the hockey stick – sideways/backwards passing	1. Passing technique, side footed passes and passing with laces
		2. Develop passing skills to use in small sided possession games	2. Develop passing skills to use in small sided possession games	2. Digs and sets – basic hand positions, deciding which is the most appropriate to use	2. Overhead returns -striking the shuttle above eyeline	2. Tackling/tagging moving targets. Avoiding tacklers/defenders	2. purposeful movement with intent, changing direction with the ball at pace
		3. Develop small sided possession adding in directional intent – purposeful movement into space	3. Develop small sided possession adding in directional intent – purposeful movement into space	3. Assessment lesson- applying the skills into a game (Volleyball)	3. Underarm returns – striking the shuttle under eyeline	3. Decision making – passing or running with the ball against opponents	3. shooting techniques, side-footed shooting and shooting with laces, any other body parts?
		4. Shooting the ball, overarm and jump shot	4. Shooting the ball, overarm and jump shot	4. Dig shot, Set shot, Spike	4. Tactics and shot ‘routines’ in order to outwit opponents	4. shooting, various shot techniques and game type situations	4. Incorporating passing, dribbling and shooting.
		5. Dribbling with the ball	5. Dribbling with the ball	5. Outwitting opponents using shot ‘routines’ and set moves	5. Doubles games. Rules and officiating differences.	5. Dribbling, close control of a hockey ball	5. Incorporating passing, dribbling and shooting in order to outwit opponents
		6. Incorporating passing, dribbling and shooting.	6. Incorporating passing, dribbling and shooting.	6. Assessment lesson -applying skills into a game situation	6. Drop shot technique. Moving opponent around the court.	6. Passing and receiving the hockey ball.	6. Assessment lesson- using all the skills in a game
		7. Assessment lesson- using all the skills in a game	7. Assessment lesson- using all the skills in a game		7. Assessment lesson – using skills in game	7. Assessment lesson- skills learnt in hockey applied in a game situation.	

		Term 1		Term 2		Term 3	
	Weeks	7	7	7	5	6	7
	Core Knowledge/ Skills and Concepts	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Progression on the skills learnt in year 7 Basketball Passing, dribbling, shooting and tackling with more consistency and accuracy. Begin to use tactics against opponents. Begin to reflect and analyse their performance compared to previous ones. Further develop cross curricular links and growth mind-set; winning, losing, teamwork.	Progression on the skills learnt in year 7 Handball Passing, dribbling, shooting and tackling with more consistency and accuracy. Begin to use tactics against opponents. Begin to reflect and analyse their performance compared to previous ones. Further develop cross curricular links and growth mind-set; winning, losing, teamwork.	Develop volleyball skills increasing performance levels. Develop consistency across previously learnt skills and introduce new shots Start to use tactics to overcome opponents analyse and reflect on their own performance in comparison to previous performance. Further develop cross curricular links and growth mind-set; winning, losing, teamwork and organisation.	Progression of badminton skills learnt in year 7. How to use effectively in game situations Think about tactics that can be used against opponents to overcome them. Analysis of performance comparing to previous performances and last year. Continue to develop cross curricular links; literacy and numeracy. Growth mind-set to continue to be a focus.	Improve vocabulary and communication skills when analysing performance, which using numeracy in sport. Further development of the hockey skills which were taught in year 7. Passing with accuracy, effective movement, shoot with accuracy and tackle safely. Develop tactics to overcome opponents. Start to analyse performance comparing to previous performances.	Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games Implement rules to play and keep score of invasion games –Football Use sport specific skills and knowledge of rules in game and modified game scenarios. Improve vocabulary and score keeping
Year 8	Weekly Focus	1. Recap lesson – basic techniques for passing, shooting and dribbling	1. Passing and Handling the handball using the correct technique.	1. Overhand serves from the service line – adding power	1. Variety of serves	1. Passing and Handling the hockey stick – sideways/backwards/long/short passing	1. Passing technique, side footed passes and passing with laces
		2. Pass with purpose – being quick on the ball and playing with direction	2. Passing and moving into space with purpose	2. How to utilise the dig and set against opponents	2. Overhead clear and drop shots	2. Tackling/tagging moving targets. Avoiding tacklers/defenders – Defensive tactics for hockey	2. Using speed when sprinting, purposeful movement with intent, changing direction with the ball at pace
		3. Shooting- Jump shots for added power/accuracy.	3. intercepting the ball/passes	3. Spiking the ball. How to win points	3. Smashes, Effective backhand shots overcoming opponents	3. Decision making – passing or running with the ball against opponents – outwitting opponents	3. Focus on endurance and stamina - shooting techniques, side-footed shooting and shooting with laces, any other body parts?
		4. Tactics for defending -Surround the D	4. Tactics for defending, man mark and zonal defending	4. defensive tactics, defending in 2's and 3's	4. Progression of forehand shots to overcome opponents	4. shooting, various shot techniques and game type situations	4. Incorporating passing, dribbling and shooting.
		5. Tactics for attacking – using width	5. Tactics for attacking – using width and passing lanes	5. Assessment lesson- competitive game/ tournament to perform learnt skills.	6. Assessment lesson- tournament and matches against each other to perform skills developed.	5. Dribbling, close control of a hockey ball/ using various parts of the hockey stick to manoeuvre	5. Assessment lesson- using all the skills in a game
		6. Tactics cont. Continue work form previously two lessons that needs improvement	6. Shooting with accuracy			6. Assessment lesson- performance of the variety of skills learnt.	

	7. Assessment lesson- using all the skills in a game	7. Assessment lesson- competitive games against each other to perform skills learnt.			7. Mini Olympics- assessment lesson.
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		Term 1		Term 2		Term 3	
Weeks		7	7	7	5	6	7
Year 9	Core Knowledge/ Skills and Concepts	Autumn 1 Progression on the skills learnt in year 8 Basketball Passing, dribbling, shooting and tackling with more consistency and accuracy. use tactics against opponents. Reflect and analyse their performance compared to previous ones. Further develop cross curricular links and growth mind-set; winning, losing, teamwork.	Autumn 2 Progression on the skills learnt in year 8 Handball Passing, dribbling, shooting and tackling with more consistency and accuracy. Use tactics against opponents. Reflect and analyse their performance compared to previous ones. Further develop cross curricular links and growth mind-set; winning, losing, teamwork.	Spring 1 Develop volleyball skills increasing performance levels. Develop consistency across previously learnt skills and introduce new shots Start to use tactics to overcome opponents analyse and reflect on their own performance in comparison to previous performance. Further develop cross curricular links and growth mind-set; winning, losing, teamwork and organisation.	Spring 2 Progression of badminton skills learnt in year 8. How to use effectively in game situations Think about tactics that can be used against opponents to overcome them. Analysis of performance comparing to previous performances and last year. Continue to develop cross curricular links; literacy and numeracy. Growth mind-set to continue to be a focus.	Summer 1 Improve vocabulary and communication skills when analysing performance, which using numeracy in sport. Further development of the hockey skills which were taught in year 8. Passing with accuracy, effective movement, shoot with accuracy and tackle safely. Implement tactics to overcome opponents. analyse performance comparing to previous performances.	Summer 2 Building on fundamental basic skills learnt in KS2, starting to learning sport specific skills - Invasion Games Implement rules to play and keep score of invasion games –Football Use sport specific skills and knowledge of rules in game and modified game scenarios. Improve vocabulary and score keeping.
	Weekly Focus	1. Recap lesson – basic techniques for passing, shooting and dribbling	1. Passing and Handling the handball using the correct technique consistently	1. Effective use of the serve and dig within their team against opponents. Understanding when to perform these skills.	1. Serving the shuttle in badminton to a variety of areas of the court to gain points.	1. Passing and Handling the hockey stick – sideways/backwards/long/short passing	1. Start B1 ASDAN challenger- Devise a personal exercise programme to improve performance. Use knowledge from Components of fitness learnt last half term.
		2. Pass with purpose – being quick on the ball and playing with direction	2. Passing and moving into space with purpose with tactical elements	2. Serving the ball inbounds consistently and progressing this onto a rally and game.	2. Serving the ball inbounds consistently. Further develop badminton skills learnt to progress on a larger scale. Forehand and backhand shots to score points in a game situation.	2. Tackling/tagging moving targets. Avoiding tacklers/defenders – Defensive tactics for hockey – half court press and man mark	2. Complete B1 ASDAN Challenge- Carry out personal exercise programme to improve performance collecting data before and after your programme. Start to present findings about effectiveness of programme.
		3. Shooting- Jump shots for added power/accuracy.	3. developing skills around intercepting the ball/passes and being able to recognise passing lanes	3. Use of a set and a spike understanding when and how to perform these skills in a game situation and to overcome opponents.	3. Performance of attacking and defensive shots in badminton; overhead clear, drop shot and smash. Understanding when to perform each shot and how it can score points against opponents. Play seated badminton for an	3. Decision making – passing or running with the ball against opponents – outwitting opponents with skill moves and feints	3. Develop bowling skills in cricket and rounders, understanding different techniques on how and when to bowl the ball.

				adapted, inclusive version of the game.		
	4. Tactics for defending -Surround the D, half-court press	4. Tactics for defending, man mark and zonal defending. How to outwit attackers with defensive cues	4. identifying the correct shot to use in different game situations depending on positioning of defenders	4. Attacking and defending shots in badminton- understanding how and when to perform and score points against opponents. Inside-out forehand, drop shot and backhand down the line.	4. shooting with accuracy consistently, various shot techniques and game type situations	4. Improve on striking ability when playing cricket and rounders. Understanding a variation of strokes and when and how to play them in a game.
	5. Tactics for attacking – using width, set plays, pre-planned moves	5. Tactics for attacking – using width and passing lanes and cues to team-mates	5. Volleyball assessment lesson- skills learnt which can then be applied in a game situation	5. Assessment lesson- performance of skills learnt in a game situation.	5. Dribbling, close control of a hockey ball/ using various parts of the hockey stick to manoeuvre	5. Develop striking and fielding skills in rounders. Use of a variety of tactics to overcome opponents.
	6. Tactics cont. Continue work from previously two lessons that needs improvement	6. consistently shooting with accuracy and being able to outwit opponents with different shot types			6. Hockey (with puck) – Develop and understanding of other versions of the sport (ice/roller) and their popularity in other countries	6. Assessment lesson for Cricket- perform skills learnt in cricket lessons in a game situation to overcome opponents.
	7. Assessment lesson- using all the skills in a game	7. Assessment lesson- competitive games against each other to perform skills learnt.				6. Assessment lesson for Rounders- perform skills learnt in rounders lessons in a game situation to overcome opponents.

		Term 1		Term 2		Term 3	
	Weeks	7	7	7	5	6	7
	Core Knowledge/ Skills and Concepts	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10		<p>Progression on the skills learnt in year 9 Basketball</p> <p>Passing, dribbling, shooting and tackling with more consistency and accuracy.</p> <p>use tactics against opponents.</p> <p>Reflect and analyse their performance compared to previous ones.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork.</p>	<p>Progression on the skills learnt in year 9 Handball</p> <p>Passing, dribbling, shooting and tackling with more consistency and accuracy.</p> <p>Use tactics against opponents.</p> <p>Reflect and analyse their performance compared to previous ones.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork.</p> <p>Heart Rate - develop an understanding of how heart rate is affected by exercise</p> <p>Training zones using % max HR</p> <p>Application of FITT principles</p>	<p>BTEC Sport L1 – Unit 2</p> <p>Learn about components of fitness and exercise intensity.</p> <p>Develop volleyball skills increasing performance levels.</p> <p>Develop consistency across previously learnt skills and introduce new shots</p> <p>Start to use tactics to overcome opponents</p> <p>analyse and reflect on their own performance in comparison to previous performance.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork and organisation.</p>	<p>BTEC Sport L1 – Unit 2</p> <p>Topic A.1 Rules (or laws): Rules (or laws) as regulated by the national or international governing body for the sport.</p> <p>Topic A.1 cont.: Rules (or laws) for a specific sport.</p> <p>Topic A.2 Regulations: For example, relating to players and participants, equipment, playing surface, facilities, health and safety, time, officials (referee, umpire, judge, starter, timekeeper).</p> <p>Topic A.3 Scoring systems: For example, the method of scoring goals or points, method and/or requirements of victory.</p>	<p>BTEC Sport L1 – Unit 6</p> <p>Topic A.1 Sports leaders: e.g. sports coaches, fitness instructors, school/college coaches, local club coaches, national club coaches, amateur coaches.</p> <p>Topic A.2 Attributes: skills (communication, organisation of equipment, knowledge) advanced skills (activity structure, target setting, use of language, evaluation). Qualities (appearance, enthusiasm, confidence) additional qualities (leadership style, motivation, humour, personality).</p>	<p>BTEC Sport L1 – Unit 6</p> <p>Topic B.1 Sports activities: e.g. individual sports, team sports, fitness activities.</p> <p>Topic B.2 Plan: warm-up. Cool-down</p> <p>Topic B.3 Lead: demonstration of attributes (skills, advanced skills, attributes, additional qualities)</p>

			<p>Components of fitness – develop an understanding of aerobic and muscular endurance, flexibility, speed and muscular strength.</p> <p>Describe the rules, regulations, technical and tactical demands of a chosen sport. Produce an observation checklist that can be used effectively to review performance in a sport.</p>	<p>Topic A.4 Application of the rules/laws of sports in different situations:</p> <p>For example, when a goal is scored, when a player is in an offside position in football, lbw in cricket, charging in lead-up to scoring in basketball, forward pass resulting in a try in rugby.</p>	<p>Topic A.3 Responsibilities:</p> <p>core responsibilities (professional conduct, health and safety, equality)</p> <p>wider responsibilities (insurance, child protection, legal obligations, ethics and values, rules and regulations).</p>	
Weekly Focus	<p>Practical Skills</p> <p>1. Recap lesson – basic techniques for passing, shooting and dribbling</p>	<p>Practical Skills</p> <p>1. Passing and Handling the handball using the correct technique consistently</p>	<p>Practical Skills</p> <p>1. Effective use of the serve and dig within their team against opponents. Understanding when to perform these skills.</p>	<p>Practical Skills</p> <p>1. Serving the shuttle in badminton to a variety of areas of the court to gain points.</p>	<p>Practical Skills</p> <p>1. Passing and Handling the hockey stick – sideways/backwards/long/short passing</p>	<p>Practical Skills</p> <p>Topic B.1 Sports activities: e.g. individual sports, team sports, fitness activities.</p>
	<p>2. Pass with purpose – being quick on the ball and playing with direction. Understanding the need for movement off the ball to create space</p>	<p>2. Passing and moving into space with purpose with tactical elements</p>	<p>2. Serving the ball inbounds consistently and progressing this onto a rally and game.</p>	<p>2. Serving the ball inbounds consistently. Further develop badminton skills learnt to progress on a larger scale. Forehand and backhand shots to score points in a game situation.</p>	<p>2. Tackling/tagging moving targets. Avoiding tacklers/defenders – Defensive tactics for hockey – half court press and man mark</p>	<p>Topic B.2 Plan: Main component /components of activity.</p>
	<p>3. Shooting- Jump shots for added power/accuracy.</p>	<p>3. developing skills around intercepting the ball/passes and being able to recognise passing lanes</p>	<p>3. Use of a set and a spike understanding when and how to perform these skills in a game situation and to overcome opponents.</p>	<p>3. Performance of attacking and defensive shots in badminton; overhead clear, drop shot and smash. Understanding when to perform each shot and how it can score points against opponents. Play seated badminton for an adapted, inclusive version of the game.</p>	<p>3. Decision making – passing or running with the ball against opponents – outwitting opponents with skill moves and feints</p>	<p>Topic B.3 Lead: demonstration of attributes.</p>
	<p>4. Tactics for defending -Surround the D, half-court press, 2 up, 2 down</p>	<p>4. Tactics for defending, man mark and zonal defending. How to outwit attackers with defensive cues</p>	<p>4. identifying the correct shot to use in different game situations depending on positioning of defenders</p>	<p>4. Attacking and defending shots in badminton- understanding how and when to perform and score points against opponents. Inside-out forehand, drop shot and backhand down the line.</p>	<p>4. shooting with accuracy consistently, various shot techniques and game type situations</p>	<p>Topic B.4 Measures of success: coverage of planned components meeting set aims and objectives organised safe.</p>
	<p>5. Tactics for attacking – using width, set plays, pre-planned moves, getting the best shooter open</p>	<p>5. Tactics for attacking – using width and passing lanes and cues to team-mates</p>	<p>5. Seated Volleyball – Apply skills learned in weeks 1 and 2 to the disability version. Develop an understanding of why this version exists.</p>	<p>5. Assessment lesson- performance of skills learnt in a game situation.</p>	<p>5. Dribbling, close control of a hockey ball/ using various parts of the hockey stick to manoeuvre</p>	
	<p>6. Tactics cont. Continue work from previously two lessons that needs improvement</p>	<p>6. consistently shooting with accuracy and being able to outwit opponents with different shot types</p>	<p>6. Volleyball assessment lesson- skills learnt which can then be applied in a game situation</p>		<p>6. Hockey (with puck) – Develop and understanding of other versions of the sport (ice/roller)</p>	

	7. Assessment lesson- using all the skills in a game	7. Assessment lesson- competitive games against each other to perform skills learnt.			and their popularity in other countries	
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		Term 1		Term 2			
	Weeks	7	7	7	5		
Year 11	Core Knowledge/ Skills and Concepts	<p>Progression on the skills learnt in year 10 Basketball</p> <p>Passing, dribbling, shooting and tackling with more consistency and accuracy.</p> <p>use tactics against opponents.</p> <p>Reflect and analyse their performance compared to previous ones.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork</p>	<p>Progression on the skills learnt in year 10 Handball</p> <p>Passing, dribbling, shooting and tackling with more consistency and accuracy.</p> <p>Use tactics against opponents.</p> <p>Reflect and analyse their performance compared to previous ones.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork.</p>	<p>Develop volleyball skills increasing performance levels.</p> <p>Develop consistency across previously learnt skills and introduce new shots</p> <p>Start to use tactics to overcome opponents</p> <p>analyse and reflect on their own performance in comparison to previous performance.</p> <p>Further develop cross curricular links and growth mind-set; winning, losing, teamwork and organisation.</p>	<p>Progression of badminton skills learnt in year 10. How to use effectively in game situations</p> <p>Think about tactics that can be used against opponents to overcome them.</p> <p>Analysis of performance comparing to previous performances and last year.</p> <p>Continue to develop cross curricular links; literacy and numeracy. Growth mind-set to continue to be a focus.</p>		
	Weekly Focus	Practical Skills	Practical Skills	Practical Skills	Practical Skills		
		1. Recap lesson – basic techniques for passing, shooting and dribbling	1. Passing and Handling the handball using the correct technique consistently	1. Effective use of the serve and dig within their team against opponents. Understanding when to perform these skills.	1. Serving the shuttle in badminton to a variety of areas of the court to gain points.		
		2. Pass with purpose – being quick on the ball and playing with direction. Understanding the need for movement off the ball to create space	2. Passing and moving into space with purpose with tactical elements	2. Serving the ball inbounds consistently and progressing this onto a rally and game.	2. Serving the ball inbounds consistently. Further develop badminton skills learnt to progress on a larger scale. Forehand and backhand shots to score points in a game situation.		
	3. Shooting- Jump shots for added power/accuracy.	3. developing skills around intercepting the ball/passes and being able to recognise passing lanes	3. Use of a set and a spike understanding when and how to perform these skills in a game situation and to overcome opponents.	3. Performance of attacking and defensive shots in badminton; overhead clear, drop shot and smash. Understanding when to perform each shot and how it can score points against opponents. Play seated badminton for an			

			adapted, inclusive version of the game.		
	4. Tactics for defending -Surround the D, half-court press, 2 up, 2 down	4. Tactics for defending, man mark and zonal defending. How to outwit attackers with defensive cues	4. identifying the correct shot to use in different game situations depending on positioning of defenders	4. Attacking and defending shots in badminton- understanding how and when to perform and score points against opponents. Inside-out forehand, drop shot and backhand down the line.	
	5. Tactics for attacking – using width, set plays, pre-planned moves, getting the best shooter open	5. Tactics for attacking – using width and passing lanes and cues to team-mates	5. Seated Volleyball – Apply skills learned in weeks 1 and 2 to the disability version. Develop an understanding of why this version exists.	5. Assessment lesson- performance of skills learnt in a game situation.	
	6. Tactics cont. Continue work from previously two lessons that needs improvement	6. consistently shooting with accuracy and being able to outwit opponents with different shot types	6. Volleyball assessment lesson- skills learnt which can then be applied in a game situation		
	7. Assessment lesson- using all the skills in a game	7. Assessment lesson- competitive games against each other to perform skills learnt.			