

Year 12/13 Core

Students are given the option as to which area of Physical Education they would like to participate in during Core Curriculum PE lessons. They can choose from the following:

1. Recreational Games
2. Martial Arts
3. Dance Sport
4. Health and Fitness

Timing	Key Question	Knowledge	Assessing Understanding
Autumn /Spring	<ul style="list-style-type: none"> ● Can you select and apply an advanced range of passing and receiving skills in Ultimate Frisbee, Tag Rugby and Ultimate Frisbee? ● Can you select the appropriate shot in badminton and apply tactical skills to game play? ● Can you select and apply an 	<p style="text-align: center;">Recreation Games:</p> <p>Ultimate Frisbee, Handball, Volleyball, Badminton and Tag Rugby.</p> <p>Ultimate Frisbee:</p> <ul style="list-style-type: none"> ● Backhand Pass, Forehand Pass ● Types of catches: pancake and lobster catch ● Setting up the start of the game and after point is scored. ● Rules of the game ● Self umpiring ● Game play <p>Handball:</p> <ul style="list-style-type: none"> ● Passing - one handed and two handed passes ● Catching - one handed and two handed catches ● Attacking skills - dribbling and movement with the ball ● Defending skills - Stage 1, Stage 2 and Stage 3 Defensive. Defensive block ● Goalkeeping skills ● Game play ● Umpire game 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's performance. ● Umpire a game and have an excellent knowledge of the rules of the game. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport

	<p>advanced range of marking and evading skills in Handball, Tag Rugby and Ultimate Frisbee in a full sided game?</p>	<p>Volleyball:</p> <ul style="list-style-type: none"> ● Re-Cap of the advanced passing shots (Set, volley and dig) ● Movement formations in 6 a-side ● Net Blocking ● Developing set plays in volleyball 6-a-side ● Advanced Spike and deceptive shot play ● Formations and rotations for 6-a-side Volleyball ● Umpiring volleyball match <p>Tag Rugby:</p> <ul style="list-style-type: none"> ● Passing and receiving techniques ● Attacking drills and formations ● Defensive drills and formations ● Full game ● Referring game ● Understand the rules of Fair Play in Rugby <p>Badminton:</p> <ul style="list-style-type: none"> ● Footwork ● Serving - backhand and forehand high serve ● Overhead clear, smash and drop shot ● Set Play to develop speed and accuracy - Forehand Serve, Overhead Clear, Drop Shot, Net shot and rally. ● Rules ● Game Play - singles and doubles. 	<ul style="list-style-type: none"> ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● Not applicable for KS4 Physical Education
Autumn /Spring	<ul style="list-style-type: none"> ● Can you select and apply a variety of breathing techniques? 	<p style="text-align: center;">Health and Fitness: Yoga, Aerobics, Pilates and Circuits</p> <p>Yoga:</p> <ul style="list-style-type: none"> ● Correct breathing - breath count and big balloon breath 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills

	<ul style="list-style-type: none"> ● Can you perform a variety of controlled and balanced positions? ● Can you effectively perform a range of moves in yoga, pilates and aerobics? 	<ul style="list-style-type: none"> ● Flexibility ● Balance and coordination ● Body awareness ● Core strength ● Easy pose and rest pose ● Improved concentration ● Relaxation <p>Aerobics:</p> <ul style="list-style-type: none"> ● Introduction to basic aerobics moves ● Introduction to complex aerobics moves ● Counting the music ● Following aerobics routine ● Creating individual aerobics routine ● Leading aerobics routine. <p>Pilates:</p> <ul style="list-style-type: none"> ● Breathing techniques ● Posture ● Core pilates workout ● Stretching - rotation of spine and shoulders ● Flexibility based workout - lower back, legs ● Partner P&F pilates balls. <p>Circuits:</p> <ul style="list-style-type: none"> ● Create fitness circuit using different stations ● Leg, arm and core fitness using a number of different stations ● Monitoring resting HR, working HR and recovery rate ● Principles of training: FITT and sets and reps 	<ul style="list-style-type: none"> ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop knowledge & understanding they develop, as well as: ● Develop core strength, flexibility, balance, coordination and greater confidence. ● Key terminology used within each lifestyle activity ● Awareness of the physical fitness levels required to benefit performance within a sport ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● Not applicable for KS4 Physical Education
Autumn /Spring	<ul style="list-style-type: none"> ● Can you select and apply a variety of Aikido 	<p><u>Martial Arts (External Coach)</u></p> <p>Pupils will cover a range of skills taught by a number of our experienced external coaches. The different Martial Arts styles covered within this option include:</p>	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to:

	<p>techniques?</p> <ul style="list-style-type: none"> • Can you perform a variety of controlled boxercise skills? • Can you effectively perform a range self defence moves? 	<ol style="list-style-type: none"> 1. Aikido 2. Self Defence 3. Boxercise 4. Tai-Kwondo 	<ul style="list-style-type: none"> • Acquire & develop core technical physical skills • Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> • Students will be expected to develop knowledge & understanding they develop, as well as: • Develop core strength, flexibility, balance, coordination and greater confidence. • Key terminology used within each lifestyle activity • Awareness of the physical fitness levels required to benefit performance within a sport • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • Not applicable for KS4 Physical Education
Autum/ Spring	<ul style="list-style-type: none"> • Can you perform a range of dance styles individually and with a partner? • Can you effectively perform a range of moves in zumba and street dance? • Can you create a routine in 	<p><u>Dance Sport (External Coach)</u></p> <p>Pupils will cover a range of skills taught by a number of our experienced external coaches. The different dance styles covered within the Dance Sport option include:</p> <ol style="list-style-type: none"> 1. Zumba 2. Capoeira 3. Cheerleading 4. Street Dance 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> • Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: • Acquire & develop core technical physical skills • Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> • Students will be expected to develop knowledge & understanding they develop, as well as: • Develop core strength, flexibility, balance, coordination and greater confidence. • Key terminology used within each lifestyle activity • Awareness of the physical fitness levels required to benefit

	<p>cheerleading using the appropriate skills?</p>		<p>performance within a sport</p> <ul style="list-style-type: none"> • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> • Not applicable for KS4 Physical Education
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