



Curriculum Plans – Key Stage 5 Physical Education

Year 12

	Block 1/ Block2 / Block 3	Block 4/ Block 5	Block 6/ Block 7
	<p>Alternative / Target Sports: Speedball, Sepak, Frisbee Golf/ Fitness and Strength Conditioning</p> <p>Sports Knowledge Unit: Student-led Explorations/Role of Executive function and Self Regulation</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Kick the ball over the net -Throw the frisbee -Pass the ball/ frisbee (short, long) -Run with the ball/frisbee -Turn with the ball -Perform the role of pitcher -Throw to bases -Run to bases -Throw/ strike a ball/ frisbee toward a target -Field the ball <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Use a range of passes successfully -Toss the frisbee with accuracy to multiple targets -Keep possession -Understand tactical problems related to target games, including: <ul style="list-style-type: none"> *shot selection *judging distance, *preventing points *protecting a shot 	<p>Cognitive Fitness Unit: Cognitive Fitness Games/ Fitness and Strength Conditioning</p> <p>Sports Knowledge Unit: Role of Exercise and Stress Management</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Move the ball down the pitch with running -Pass the ball sideways using the correct part of the hand -Turn with the ball -Pass and receive -Understand team formations -Change direction with the ball -Stop and pivot with the ball <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Move the ball past opponents with precision and control -Use of passes successfully -Gain possession -Keep possession -Change direction keeping off defenders -Intercept players -Catch and turn in the air 	<p>Study Leave</p>
Assessment	<ul style="list-style-type: none"> Observations -Q&A -Skill demonstrations -Skill practice -Peer Review -Group Work -Knowledge checks -Skill assessment -Fitness assessment -Knowledge assessment 	<ul style="list-style-type: none"> Observations -Q&A -Skill demonstrations -Skill practice -Peer Review -Group Work -Knowledge checks -Skill assessment -Fitness assessment -Knowledge assessment 	