**P.E Scheme of Work 2020-2021**

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| September/October | General Fitness/Theory/ Football | Fitness drills, Theory – importance of exercise.Cardiovascular health and measuring heart rateCircuit drill made up of bodyweight exercises e.g burpees, sit ups, lunges, press upsInterval trainingShooting: with a stationary or moving ballPassing and controlling: short, medium and long distance, chippassBasic control techniquesDribbling: Consolidation and improving teamplay andcommunication | Teacher explanation and demonstrationWarm up for studentsWorking in small groupsUse of worksheets and resources for theory portionCourse book/Textbook for materials5 Min Warm upTeam and communication drillsSmaller group focused games to highlightimportance of passing and communication |
| November/December | Dodgeball/ Dice Tag/Tag Games | Improvement of all basic skills within pressure/competitive situations.Importance of speed and communicationGroup tactics: focusing on patterns of play across the defence, different systems of playTechnique of catching the ballsImprovement of numeracy skills within pressure/competitive situationsRunningTagging techniques | Teacher explanation and demonstration5 Min Warm upShooting practiceTeam matches with mixed ability studentsTeacher explanation and demonstration5 Min Warm upIndividuals games to practice of running and numeracy skills |
| January | Basketball | Shooting: set and jump shot, lay up (right and left) Passing and receiving: direct, rebound pass, shoulder pass Dribble: protection, pivot and progression Footwork: stopping with one and two feet Changing direction: crossed rotation, half rotation, between the legs and behind the body | Teacher explanation and demonstration5 Min Warm upUse of hands when dribblingShooting techniqueTeam and communication drillsSmall group games with conditions. |
| February | Football | Shooting: with a stationary or moving ballPassing and controlling: short, medium and long distance, chippassBasic control techniquesDribbling: Consolidation and improving teamplay andcommunication | Teacher explanation and demonstration5 min Warm upTeam and communication drillsSmaller group focused games to highlightimportance of passing and communication |
| March/April | Dice Tag/Tag Games | Improvement of numeracy skills within pressure/competitive situationsRunningTagging techniques | Teacher explanation and demonstration5 Min Warm upIndividuals games to practice of running and numeracy skills |
| May/June | Cricket/ Football | Technique of catching the ballsGrip and technique for bowling the ballBatting stance and swinging actions etcFielding – throwing, catchingShooting: with a stationary or moving ballPassing and controlling: short, medium and long distance, chippassBasic control techniquesDribbling: Consolidation and improving teamplay andcommunication | Teacher explanation and demonstration5 Min Warm upTeam and communication drillsWorking in pairs to improve techniqueTeacher explanation and demonstration5 min Warm upTeam and communication drillsSmaller group focused games to highlightimportance of passing and communication |

Complementary Activities and alternative activities: (Badminton, Fitness, Rounders, Running/Cross country)