**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 rate  Circuit drill made up of bodyweight exercises e.g burpees, sit ups, lunges, press ups  Interval training  Shooting: with a stationary or moving ball  Passing and controlling: short, medium and long distance, chip  pass  Basic control techniques  Dribbling: Consolidation and improving teamplay and  communication | Teacher explanation and demonstration  Warm up for students  Working in small groups  Use of worksheets and resources for theory portion  Course book/Textbook for materials  5 Min Warm up  Team and communication drills  Smaller group focused games to highlight  importance of passing and communication |
| November/December | Dodgeball/ Dice Tag/Tag Games | Improvement of all basic skills within pressure/competitive situations.  Importance of speed and communication  Group tactics: focusing on patterns of play across the defence, different systems of play  Technique of catching the balls  Improvement of numeracy skills within pressure/competitive situations  Running  Tagging techniques | Teacher explanation and demonstration  5 Min Warm up  Shooting practice  Team matches with mixed ability students  Teacher explanation and demonstration  5 Min Warm up  Individuals 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 demonstration  5 Min Warm up  Use of hands when dribbling  Shooting technique  Team and communication drills  Small group games with conditions. |
| February | Football | Shooting: with a stationary or moving ball  Passing and controlling: short, medium and long distance, chip  pass  Basic control techniques  Dribbling: Consolidation and improving teamplay and  communication | Teacher explanation and demonstration  5 min Warm up  Team and communication drills  Smaller group focused games to highlight  importance of passing and communication |
| March/April | Dice Tag/Tag Games | Improvement of numeracy skills within pressure/competitive situations  Running  Tagging techniques | Teacher explanation and demonstration  5 Min Warm up  Individuals games to practice of running and numeracy skills |
| May/June | Cricket/ Football | Technique of catching the balls  Grip and technique for bowling the ball  Batting stance and swinging actions etc  Fielding – throwing, catching  Shooting: with a stationary or moving ball  Passing and controlling: short, medium and long distance, chip  pass  Basic control techniques  Dribbling: Consolidation and improving teamplay and  communication | Teacher explanation and demonstration  5 Min Warm up  Team and communication drills  Working in pairs to improve technique  Teacher explanation and demonstration  5 min Warm up  Team and communication drills  Smaller group focused games to highlight  importance of passing and communication |

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