

Physical Education / Games Long Term Plan Year 11 2020-21



Temperance Term – Gender Options for Contact Options

W/C		7 th September	14 th September	21 st September	28 th September	5 th October	12 th October	19 th October
Topic	HALF TERM	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation
		Option 1: Table Tennis (SH) Serving	Option 1: Table Tennis (SH) Forehand shots	Option 1: Table Tennis (SH) Match play (rules)	Option 1: Dodgeball (SH) Match play and rules	Option 1: Dodgeball (SH) Underarm throw	Option 1: Dodgeball (SH) Overarm throw	Option 1: Dodgeball (SH) Defending
		Option 2: Football (MUGA) Possession	Option 2: Football (MUGA) Set plays (free-kicks)	Option 2: Football (MUGA) Formation and Positioning	Option 2: Football (MUGA) Width and depth	Option 2: Football (MUGA) Shooting	Option 2: Football (MUGA) Defending – man marking	Option 2: Football (MUGA) Tactics and Match play
		Option 3: Badminton (HS) Underarm Serving	Option 3: Badminton (HS) Overhead clear	Option 3: Badminton (HS) Single Rules and game play	Option 3: Basketball (HS) Shooting – set shots	Option 3: Basketball (HS) Passing and Receiving	Option 3: Basketball (HS) Marking and defending	Option 3: Basketball (HS) Rules and Match play
		Option 4: N/A COVID RES.	Option 4: N/A COVID RES.	Option 4: N/A COVID RES.	Option 4: N/A COVID RES.	Option 4: N/A COVID RES.	Option 4: N/A COVID RES.	Option 4: N/A COVID RES.
W/C		2 nd November	9 th November	16 th November	23 rd November	30 th November	7 th December	CHRISTMAS
Topic		Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	
		Option 1: Badminton (SH) Backhand Serving	Option 1: Badminton (SH) Smash shot	Option 1: Badminton (SH) Net shots	Option 1: Badminton (SH) Moving your opponent	Option 1: Badminton (SH) Double rules and game play	Option 1: Badminton (SH) Game play - Tournament	
		Option 2: Skateboarding (DT)	Option 2: Skateboarding (DT)	Option 2: Skateboarding (DT)	Option 2: Skateboarding (DT)	Option 2: Skateboarding (DT)	Option 2: Skateboarding (DT)	
		Option 3: Football (MUGA) Attacking formations	Option 3: Football (MUGA) Defending formations	Option 3: Football (MUGA) Set plays (corners)	Option 3: Football (MUGA) Goal keeping	Option 3: Football (MUGA) Match play - Refereeing	Option 3: Football (MUGA) Match play - Tournament	
		Option 4: Trampolining (SH) Types of Jumps - Shapes	Option 4: Trampolining (SH) Types of Jumps - Turns	Option 4: Trampolining (SH) Types of Jumps - combination	Option 4: Trampolining (SH) Seatdrops	Option 4: Trampolining (SH) Swivel hips	Option 4: Trampolining (SH) Combination routines	

Justice Term – Set Options (3)

W/C	4 th January	11 th January	18 st January	25 th January	1 st February	8 th February	HALF TERM
Topic	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	
	Option 1: OAA (SH) Team building	Option 1: OAA (SH) Orienteering	Option 1: OAA (SH) Problem Solving	Option 1: Basketball (SH) Shooting - Lay-ups	Option 1: Basketball (SH) Tactics	Option 1: Basketball (SH) Game play	
	Option 2: Badminton (SH) Positioning - singles	Option 2: Badminton (SH) Positioning - Doubles	Option 2: Badminton (SH) Game play	Option 2: Skateboarding (DT)	Option 2: Skateboarding (DT)	Option 2: Skateboarding (DT)	
	Option 3: Football (MUGA) Offside positions	Option 3: Football (MUGA) Penetration	Option 3: Football (MUGA) Set plays (penalties)	Option 3: Football (MUGA) Goal keeping (penalties)	Option 3: Football (MUGA) Zoning defence	Option 3: Football (MUGA) Game play	
	Option 4: Trampolining (SH) Combination Routines	Option 4: Trampolining (SH) Frontdrops	Option 4: Trampolining (SH) Frontdrops	Option 4: Trampolining (SH) Backdrops	Option 4: Trampolining (SH) Backdrops	Option 4: Trampolining (SH) Combination Routines	
W/C	22 nd February	1 st March	8 th March	15 th March	22 nd March	29 th March	EASTER
Topic	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	
	Option 1: OAA (SH) Decision making	Option 1: OAA (SH) Orienteering	Option 1: OAA (SH) Caving	Option 1: Table Tennis (SH) Backhand shots	Option 1: Table Tennis (SH) Double rules	Option 1: Table Tennis (SH) Match play - tournament	
	Option 2: Fitness Class (CR) Circuits	Option 2: Fitness Class (CR) Step class	Option 2: Fitness Class (CR) Zumba	Option 2: Fitness Class (CR) Akabusi Circuit	Option 2: Fitness Class (CR) 'Boot camp'	Option 2: Fitness Class (CR) Fitness Tests	
	Option 3: Football (MUGA) Possession	Option 3: Football (MUGA) Width	Option 3: Football (MUGA) Depth	Option 3: Football (MUGA) Defensive positioning	Option 3: Football (MUGA) Game play	Option 3: Football (MUGA) Game play	
	Option 4: Trampolining (SH) Combination Routines	Option 4: Trampolining (SH) Competitions	Option 4: Trampolining (SH) GCSE Assessing	Option 4: Trampolining (SH) GCSE Assessing	Option 4: Trampolining (SH) GCSE Assessing	Option 4: Trampolining (SH) GCSE Assessing	

Courage Term - Set Options (3)

W/C	19 th April	26 th April	3 rd May	10 th May	17 th May	HALF TERM
Topic	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	
	Option 1: Frisbee (MUGA) Technique of passing	Option 1: Frisbee (MUGA) Receiving	Option 1: Frisbee (MUGA) Defending and stalling	Option 1: Frisbee (MUGA) Rules	Option 1: Frisbee (MUGA) Game play	
	Option 2: Cricket (DT) Catching	Option 2: Cricket (DT) Bowling	Option 2: Cricket (DT) Batting	Option 2: Cricket (DT) Fielding	Option 2: Cricket (DT) Game Play	
	Option 3: Rounders (MUGA) Bowling	Option 3: Rounders (MUGA) Batting	Option 3: Rounders (MUGA) Fielding	Option 3: Rounders (MUGA) Tactics and rules	Option 3: Rounders (MUGA) Game play	
	Option 4: Alternative Pursuits (HS)	Option 4: Alternative Pursuits (HS)	Option 4: Alternative Pursuits (HS)	Option 4: Alternative Pursuits (HS)	Option 4: Alternative Pursuits (HS)	

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W/C	7th June	14 th June	21 st June	28 th June	5 th July	12 th July
Topic	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation	Mixed Option Rotation
	Option 1: Softball (MUGA) Fielding	Option 1: Softball (MUGA) Batting	Option 1: Softball (MUGA) Throwing	Option 1: Softball (MUGA) Pitching	Option 1: Softball (MUGA) Rules and tactics	Option 1: Softball (MUGA) Game play
	Option 2: Alternative Pursuits (DT)	Option 2: Alternative Pursuits (DT)	Option 2: Alternative Pursuits (DT)	Option 2: Alternative Pursuits (DT)	Option 2: Alternative Pursuits (DT)	Option 2: Alternative Pursuits (DT)
	Option 3: Football (MUGA) Shooting	Option 3: Football (MUGA) Long distance passing	Option 3: Football (MUGA) Tricks of the Trade	Option 3: Football (MUGA) Defensive formations	Option 3: Football (MUGA) Attacking formations	Option 3: Football (MUGA) Game play
	Option 4: Cricket (Field) Pairs cricket	Option 4: Cricket (Field) Spin Bowling	Option 4: Cricket (Field) Batting	Option 4: Cricket (Field) Fielding	Option 4: Cricket (Field) Wicket keeping	Option 4: Cricket (Field) Game play