

11N	Group One	Group Two	Group Three	Group 4
	Handball	Basketball	Dodgeball	Dodgeball
WEEK 9 wc 4 th November	<p>Participants to understand the rules. How handball is played and to find success from transition play.</p> <ul style="list-style-type: none"> • Play Beginner Handball. • Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and you must run when you have the ball – 2/3 steps to begin. • Introduce new rules as the game goes on. 	<p>To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play.</p>	<p>Various versions of dodgeball: Skills needed to play: throwing, catching, dodging, interceptions</p>	<p>Various versions of dodgeball: Skills needed to play: throwing, catching, dodging, interceptions</p>
	<p>Playing Mini Handball with an overload in attack. Tactical awareness of adding width to the game. Initial positioning understanding (small sided games).</p> <ul style="list-style-type: none"> • Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball 	<p>To be able to replicate strategies for attack. i.e. screens, posts. To understand the benefits of using strategic and tactical plans to produce a successful attack. To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.</p>	<p>Positioning on the pitch: Together as a group? Alone? Where to throw from? Where to best get an interception? Where best to get a catch?</p>	<p>Positioning on the pitch: Together as a group? Alone? Where to throw from? Where to best get an interception? Where best to get a catch?</p>
WEEK 10 wc 11 th November	<p>Introduce the concepts of defence – Blocking -Stealing - Intercepting –Tackling. Start immediately playing handball (full game of small sided game). Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't</p>	<p>To be able to replicate shooting core skills. To understand the need to create space to shoot and begin to work on this in a game situation. To demonstrate an ability to analyse performances with sound/accurate information.</p>	<p>Tactics as a team: look for strongest or weakest first? Throw altogether or work as individuals? Protection of certain players?</p>	<p>Tactics as a team: look for strongest or weakest first? Throw altogether or work as individuals? Protection of certain players?</p>

	be afraid to break the rules of the game to set a condition to achieve success from students.			
WEEK 11 wc 18 th November	Decision making in game like situations – Attack (over loading – gaining success) Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success) Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block	To understand and perform attacking movements as a unit incorporating the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies.	Repeat the above questioning for each style of Dodgeball. Do you need to think differently depending on which version you play?	Repeat the above questioning for each style of Dodgeball. Do you need to think differently depending on which version you play?
	To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play.	Game play: Mini tournament Students involved in refereeing Students manage own teams	Dodgeball competition: Students choose preferred version	Dodgeball competition: Students choose preferred version
	Basketball	Handball	Just Dance	Table Tennis
WEEK 12 wc 25 th November	To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy.	Participants to understand the rules. How handball is played and to find success from transition play. • Play Beginner Handball. • Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact	Using Various music videos from the internet: Always start with a warm-up discuss tempo of music etc	To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a variety of serves.

	To develop and implement strategic and tactical play.	and you must run when you have the ball – 2/3 steps to begin. • Introduce new rules as the game goes on.	More upbeat higher intensity music talking about heart rate calorie burning Cool down: lower temperature & heart rate recovery	To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.
WEEK 13 wc 2nd December	To be able to replicate strategies for attack. i.e. screens, posts. To understand the benefits of using strategic and tactical plans to produce a successful attack. To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.	Playing Mini Handball with an overload in attack. Tactical awareness of adding width to the game. Initial positioning understanding (small sided games). • Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball	Mental Health & Dancing: Discussions around how can dancing help with mental health?	To be able to accurately replicate a forehand topspin shot in a game. To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.
	To be able to replicate shooting core skills. To understand the need to create space to shoot and begin to work on this in a game situation. To demonstrate an ability to analyse performances with sound/accurate information.	Introduce the concepts of defence – Blocking -Stealing -Intercepting – Tackling. Start immediately playing handball (full game of small sided game). Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students.	Whole Body Work Out Focus upon more High Intensity Dances ask students to think about which parts of their body are working. How can repeating certain moves help tone the body?	To be able to accurately replicate a Backhand topspin shot in a game. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning.
WEEK 14 wc 9 th December	To understand and perform attacking movements as a unit incorporating the use of width and speed.	Decision making in game like situations – Attack (over loading – gaining success) Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success)	Working in groups/pairs How do I like to exercise? Students think about how they like to work what do they enjoy the most?	To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles. To demonstrate the ability to outwit an opponent in a game situation

	<p>To be able to perform angled runs to create opportunity to outwit opponents.</p> <p>To be able to evaluate how well it has been achieved and find ways to improve strategies.</p>	<p>Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block</p>		<p>using the appropriate skills and techniques.</p> <p>To demonstrate a variety of tactics based on the movements of others and the ball</p>
<p>WEEK 15 wc 16th December</p>	<p>Game play:</p> <p>Mini tournament</p> <p>Students involved in refereeing</p> <p>Students manage own teams</p>	<p>To be able to use either hand to dribble and score.</p> <p>To be able to outwit opponents using techniques at speed and with accuracy.</p> <p>To develop and implement strategic and tactical play.</p>	<p>Dances of choice</p> <p>Dancing not Chatting!</p>	<p>Game Play Lesson:</p> <p>Ladder Tournament</p> <p>Students move up and down the ladder.</p> <p>They are expected to keep score themselves.</p>
			<p>Dances of choice</p> <p>Dancing not Chatting!</p>	

PE 11N

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2024- 2025

11S	Group One	Group Two	Group Three	Group Four
	Handball	Basketball	Dodgeball	Dodgeball
<p>WEEK 9 wc 4th November</p>	<p>Participants to understand the rules. How handball is played and to find success from transition play.</p> <ul style="list-style-type: none"> • Play Beginner Handball. • Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and you must run when you have the ball – 2/3 steps to begin. • Introduce new rules as the game goes on. 	<p>To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play.</p>	<p>Various versions of dodgeball:</p> <p>Skills needed to play: throwing, catching, dodging, interceptions</p>	<p>Various versions of dodgeball:</p> <p>Skills needed to play: throwing, catching, dodging, interceptions</p>
<p>WEEK 10 wc 11th November</p>	<p>Playing Mini Handball with an overload in attack. Tactical awareness of adding width to the game. Initial positioning understanding (small sided games).</p> <ul style="list-style-type: none"> • Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball 	<p>To be able to replicate strategies for attack. i.e. screens, posts. To understand the benefits of using strategic and tactical plans to produce a successful attack. To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.</p>	<p>Positioning on the pitch: Together as a group? Alone? Where to throw from? Where to best get an interception? Where best to get a catch?</p>	<p>Positioning on the pitch: Together as a group? Alone? Where to throw from? Where to best get an interception? Where best to get a catch?</p>
	<p>Introduce the concepts of defence – Blocking -Stealing - Intercepting –Tackling.</p>	<p>To be able to replicate shooting core skills. To understand the need to create space to shoot and begin to work on this in a game situation.</p>	<p>Tactics as a team: look for strongest or weakest first? Throw altogether or work as individuals? Protection of certain players?</p>	<p>Tactics as a team: look for strongest or weakest first? Throw altogether or work as individuals? Protection of certain players?</p>

	<p>Start immediately playing handball (full game of small sided game). Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students.</p>	<p>To demonstrate an ability to analyse performances with sound/accurate information.</p>		
<p>WEEK 11 wc 18th November</p>	<p>Decision making in game like situations – Attack (over loading – gaining success) Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success) Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block</p>	<p>To understand and perform attacking movements as a unit incorporating the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies.</p>	<p>Repeat the above questioning for each style of Dodgeball.</p> <p>Do you need to think differently depending on which version you play?</p>	<p>Repeat the above questioning for each style of Dodgeball.</p> <p>Do you need to think differently depending on which version you play?</p>
	Basketball	Handball	Just Dance	Table Tennis
<p>WEEK 12 wc 25th November</p>	<p>To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play.</p>	<p>Participants to understand the rules. How handball is played and to find success from transition play.</p> <ul style="list-style-type: none"> • Play Beginner Handball. • Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and you must run when you have the ball – 2/3 steps to begin. • Introduce new rules as the game goes on. 	<p>Using Various music videos from the internet:</p> <p>Always start with a warm-up discuss tempo of music etc</p> <p>More upbeat higher intensity music talking about heart rate calorie burning</p> <p>Cool down: lower temperature & heart rate recovery</p>	<p>To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a variety of serves. To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p>

	<p>To be able to replicate strategies for attack. i.e. screens, posts.</p> <p>To understand the benefits of using strategic and tactical plans to produce a successful attack.</p> <p>To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.</p>	<p>Playing Mini Handball with an overload in attack.</p> <p>Tactical awareness of adding width to the game.</p> <p>Initial positioning understanding (small sided games).</p> <ul style="list-style-type: none"> • Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball 	<p>Mental Health & Dancing:</p> <p>Discussions around how can dancing help with mental health?</p> <p>Whole Body Work Out</p> <p>Focus upon more High Intensity Dances ask students to think about which parts of their body are working.</p> <p>How can repeating certain moves help tone the body?</p>	<p>To be able to accurately replicate a forehand topspin shot in a game.</p> <p>To understand the importance of movement and preparation for an effective forehand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>
<p>WEEK 13 wc 2nd December</p>	<p>To be able to replicate shooting core skills.</p> <p>To understand the need to create space to shoot and begin to work on this in a game situation.</p> <p>To demonstrate an ability to analyse performances with sound/accurate information.</p>	<p>Introduce the concepts of defence – Blocking -Stealing -Intercepting – Tackling.</p> <p>Start immediately playing handball (full game of small sided game).</p> <p>Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students.</p>	<p>Working in groups/pairs</p> <p>How do I like to exercise?</p> <p>Students think about how they like to work what do they enjoy the most?</p>	<p>To be able to accurately replicate a Backhand topspin shot in a game.</p> <p>To understand the importance of movement and preparation for an effective backhand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>
<p>WEEK 14 wc 9th December</p>	<p>To understand and perform attacking movements as a unit incorporating the use of width and speed.</p> <p>To be able to perform angled runs to create opportunity to outwit opponents.</p> <p>To be able to evaluate how well it has been achieved and find ways to improve strategies</p>	<p>Decision making in game like situations –</p> <p>Attack (over loading – gaining success)</p> <p>Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success)</p> <p>Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block</p>	<p>Dances of choice</p> <p>Dancing not Chatting!</p>	<p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To demonstrate a variety of tactics based on the movements of others and the ball</p>

	<p>Game play:</p> <p>Mini tournament Students involved in refereeing Students manage own teams</p>	<p>To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play.</p>	<p>Dances of choice</p> <p>Dancing not Chatting!</p>	<p>Game Play Lesson:</p> <p>Ladder Tournament Students move up and down the ladder. They are expected to keep score themselves.</p>
<p>WEEK 15 wc 16th December</p>	<p>Game play:</p> <p>Mini tournament Students involved in refereeing Students manage own teams</p>	<p>Game Play</p> <p>Mini Tournament Students Ref themselves</p>	<p>Dances of choice</p> <p>Dancing not Chatting!</p>	<p>Game Play Lesson:</p> <p>Ladder Tournament Students move up and down the ladder. They are expected to keep score themselves.</p>

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