

Core P.E. Year 11N Learning Intentions Spring Term 2 2024-2025

11N	Group One	Group Two	Group Three	Group Four
Blue	Futsal	Badminton	Fitness	Uni hoc
WEEK 22 wc 24 th February	<p><u>How To Run The Futsal Session:</u> 3 v 3 game, winner stays on. 1 goal to win. If the game is tied after 2 minutes the team on for the longest time comes off.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Teamwork and communication Quick regrouping and organization Passing accuracy • Movement and support • Ball control, game awareness 	<p>Recall how to set up a badminton court.</p> <p>To be able to keep a rally using the correct serve, net shot and overhead clear.</p> <p>Apply tactics during the serve and rally to move an opponent around the court.</p>	<p>Know & understand the correct boxing stance and footwork</p>	<p>Receiving the Ball: Recap lesson of passing and receiving/fundamental skills</p> <p>Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.</p>
WEEK 23 wc 3 rd March	<p><u>How To Run The Futsal Session:</u> Pass from one target player to the other by making passes amongst your team mates. All players must be in the half of the receiving target player before the pass can be made.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Support angles • Passing and receiving • Moving as a unit • Being a passing option to your team mate 	<p>Badminton</p> <p>To be able to perform the forehand & backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</p>	<p>Demonstrate the correct technique of the Jab</p>	<p>Shooting from a short corner: Looking at the injector Looking at the stop and hit Defending a short corner</p>
	<p><u>How To Run The Futsal Session:</u> Play starts with a ball in from the outside to the furthest player back in the centre, that player passes out to the opposite side. The player who passed the ball in</p>	<p>Badminton</p> <ul style="list-style-type: none"> • To be able to perform the overhead clear and smash shot. <p>Demonstrate control of the rally but choosing correct shot choice.</p>	<p>Know and understand the correct technique of the uppercut</p>	<p>Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p>

	<p>initially makes a run in centrally towards the attacker's space. The attacker moves out wide to balance the field and draw a marking player out of position to give the player running centrally some space to move into.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Passing accuracy • Movement off movement-adjust your position to benefit your team • Exploiting space when available <p>Taking opportunities quickly</p>			
<p>WEEK 24 wc 10th March</p>	<p><u>How To Run The Futsal Session:</u> Two teams of 4 players stand in overlapping squares. Pass one ball per team counter clockwise avoiding collisions between balls.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Good first touch with inside/outside/sole • Accurate passing • Awareness • Timing of passes 	<p>Badminton</p> <ul style="list-style-type: none"> • Demonstrate the serve, net shot, smash and overhead clear consistently in a game. <p>Apply tactics to move your opponent including disguise to shots.</p>	<p>Stamina Lesson:</p> <p>Putting together combinations of shots.</p> <p>Timed sessions</p> <p>Movement around the room</p> <p>Skipping ropes</p>	<p>Game Play:</p> <p>Applying formations</p> <p>Applying shooting skills</p> <p>1 touch play</p>
	Badminton	Futsal	Uni Hoc	Fitness
<p>WEEK 25 wc 17th March</p>	<p>Recall how to set up a badminton court.</p> <p>To be able to keep a rally using the correct serve, net shot and overhead clear.</p> <p>Apply tactics during the serve and rally to move an opponent around the court.</p>	<p><u>How To Run The Futsal Session:</u> 3 v 3 game, winner stays on. 1 goal to win. If the game is tied after 2 minutes the team on for the longest time comes off.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Teamwork and communication Quick regrouping and organization <p>Passing accuracy</p>	<p>Receiving the Ball:</p> <p>Recap lesson of passing and receiving/fundamental skills</p> <p>Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.</p>	<p>Know & understand the correct boxing stance and footwork</p>

		<ul style="list-style-type: none"> • Movement and support • Ball control, game awareness 		
	<p>Badminton</p> <p>To be able to perform the forehand & backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</p>	<p><u>How To Run The Futsal Session:</u></p> <p>Pass from one target player to the other by making passes amongst your team mates. All players must be in the half of the receiving target player before the pass can be made.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Support angles • Passing and receiving • Moving as a unit • Being a passing option to your team mate 	<p>Shooting from a short corner:</p> <p>Looking at the injector</p> <p>Looking at the stop and hit</p> <p>Defending a short corner</p>	<p>Demonstrate the correct technique of the Jab</p>
<p>WEEK 26</p> <p>wc 24th</p> <p>March</p>	<p>Badminton</p> <ul style="list-style-type: none"> • To be able to perform the overhead clear and smash shot. <p>Demonstrate control of the rally but choosing correct shot choice.</p>	<p><u>How To Run The Futsal Session:</u></p> <p>Play starts with a ball in from the outside to the furthest player back in the centre, that player passes out to the opposite side. The player who passed the ball in initially makes a run in centrally towards the attacker's space. The attacker moves out wide to balance the field and draw a marking player out of position to give the player running centrally some space to move into.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Passing accuracy • Movement off movement- adjust your position to benefit your team • Exploiting space when available Taking opportunities quickly 	<p>Team Formations:</p> <p>Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p>	<p>Know and understand the correct technique of the uppercut</p>
<p>WEEK 27</p> <p>wc 31st</p> <p>March</p>	<p>Badminton</p> <ul style="list-style-type: none"> • Demonstrate the serve, net shot, smash and overhead clear consistently in a game. 	<p><u>How To Run The Futsal Session:</u></p> <p>Two teams of 4 players stand in overlapping squares. Pass one ball per team counter clockwise avoiding collisions between balls.</p>	<p>Game Play:</p> <p>Applying formations</p> <p>Applying shooting skills</p> <p>1 touch play</p>	<p>Stamina Lesson:</p> <p>Putting together combinations of shots.</p> <p>Timed sessions</p>

	<p>Apply tactics to move your opponent including disguise to shots.</p>	<p>Focus:</p> <ul style="list-style-type: none"> • Good first touch with inside/outside/sole • Accurate passing • Awareness • Timing of passes 		<p>Movement around the room Skipping ropes</p>
	<p>Badminton</p> <ul style="list-style-type: none"> • Demonstrate the serve, net shot, smash and overhead clear consistently in a game. <p>Apply tactics to move your opponent including disguise to shots.</p>	<p><u>How To Run The Futsal Session:</u> Two teams of 4 players stand in overlapping squares. Pass one ball per team counter clockwise avoiding collisions between balls.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Good first touch with inside/outside/sole • Accurate passing • Awareness • Timing of passes 	<p>Game Play: Applying formations Applying shooting skills 1 touch play</p>	<p>Stamina Lesson: Putting together combinations of shots. Timed sessions Movement around the room Skipping ropes</p>