

Blue	Group One	Group Two	Group Three	Group Four
Year 11N	Fitness	Boxing	Basketball	Basketball
WEEK 16 wc 6 th January	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	Know & understand the correct boxing stance and footwork –	To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling	To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling
WEEK 17 wc 13 th January	To know what circuit training is. To understand how to deliver circuit training.	Demonstrate the correct technique of the Jab	To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half.	To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half.
	To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training	Demonstrate the correct technique of the hook shot	To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.	To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.
WEEK 18 wc 20 th January	To know what interval training is. To understand how to deliver interval training. To know and understand the different components of fitness	Know and understand the correct technique of the uppercut	To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an	To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an

	that interval training may work on. To know the difference between aerobic training and anaerobic training		opponent using accurate replication of shooting techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	opponent using accurate replication of shooting techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.
	Boxing	Fitness	Badminton	Badminton
WEEK 19 wc 27 th January	Know & understand the correct boxing stance and footwork –	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	Recall how to set up a badminton court. To be able to keep a rally using the correct serve, net shot and overhead clear. Apply tactics during the serve and rally to move an opponent around the court.	Recall how to set up a badminton court. To be able to keep a rally using the correct serve, net shot and overhead clear. Apply tactics during the serve and rally to move an opponent around the court.
	Demonstrate the correct technique of the Jab	To know what circuit training is. To understand how to deliver circuit training.	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.	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.
WEEK 20 wc 3 rd February	Demonstrate the correct technique of the hook shot	To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training	To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice.	To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice.
WEEK 21 wc 10 th February	Know and understand the correct technique of the uppercut	To know what interval training is. To understand how to deliver interval training. To know and understand the different components of fitness that interval training may work on. To know the difference between aerobic training and anaerobic training	Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots.	Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots.

	<p>Students to devise their own combinations.</p> <p>Students must include a range of shots with the correct technique and some forms of defence.</p>	<p>Fartlek Training</p> <p>Know & understand what it is?</p> <p>Think about different ways you can do this?</p> <p>Understand what sports would benefit from kind of training.</p>	<p>Demonstrate the serve, net shot, smash and overhead clear consistently in a game.</p> <p>Apply tactics to move your opponent including disguise to shots.</p>	<p>Demonstrate the serve, net shot, smash and overhead clear consistently in a game.</p> <p>Apply tactics to move your opponent including disguise to shots.</p>
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Core PE Year 11N Learning Intentions Spring Term 1

2024-2025