

Rugby (Core and GCSE)

Students will learn:-

- Rugby – Core, and Advanced skills as well as decision making covered over 3-4 double and 3-4 single lessons
- GCSE – 3 to 4 double lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, Understanding & Skills

Core Skills:

- Passing off both sides over varying distances – VERY GOOD accuracy on nearly all occasions over short distance, accurate over long distance most of the time
- Tackling from front, side and rear – VERY GOOD technique to provide success on nearly all occasions
- Rucking (going to ground, presenting ball, support/driving) – VERY GOOD technique to provide success on n.o.a.
- Beat an opponent using a hand-off, side-step, change of pace/ direction – used successfully on nearly all occasions

Advanced Skills:

- Passing (switches, missed-passes, scissor, offloading out of contact)
- Scrum (binding, position of feet and angle of drive) – s.m.o.t
- Lineouts tactics, roles and support (lifting after yr 9) – SOMETIMES successful
- Kicking (high ball, grubber, box, conversions, penalties, drop goals) – SOMETIMES successful

Decision Making:

- Communication with teammates regarding offensive and defensive strategies - used effectively on nearly all occasions
- Tactics and strategies (Attacking and defensive alignment). –used effectively during games on nearly all occasions, although consistently realign correctly when ball is out of play
- Choose when to apply appropriate skills – on nearly all occasions

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Table Tennis (Core and GCSE)

Students will learn:-

- Table Tennis – Core, and Advanced skills as well as decision making covered over 6-8 single lessons
- GCSE – 3 to 4 double lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Knowledge, Understanding & Skills

Core Skills:

- Forehand and backhand offensive topspin - VERY GOOD accuracy with spin and power to the back of the table on nearly all occasions
- Forehand and backhand defensive strokes (push and slice) – GOOD accuracy most of the time
- Forehand and backhand serves – VERY GOOD accuracy on nearly all occasions

Advanced Skills:

- Forehand loop (offensive stroke) – GOOD accuracy to the back of the table most of the time
- Block as a defensive stroke – GOOD accuracy most of the time
- Strokes with sidespin – GOOD accuracy most of the time
- High Toss Service – GOOD accuracy most of the time

Decision Making:

- Selects appropriate shots and able to play to opponents weaknesses – effective on nearly all occasions
- Communication with their partner in doubles to show understanding of how to apply tactics and strategies (different in attack and defence) – effective on nearly all occasions

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Tennis (Core only)

Students will learn:-

- Tennis – Core, and Advanced skills as well as decision making covered over 2 double lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Knowledge, Understanding & Skills

Core Skills:

- Forehand and backhand groundstrokes – SOME accuracy to the back of the court
- Forehand and backhand volley – SOME accuracy
- Forehand Lob - SOME accuracy
- Court positioning - SOMETIMES successful
- Speed and mobility across the court - SOMETIMES successful

Advanced Skills:

- Forehand and backhand topspin – RARELY inaccurate
- Spin serve - RARELY inaccurate
- Second Serve - RARELY inaccurate
- Drop shot/volley - RARELY inaccurate
- Smash - RARELY inaccurate

Decision Making:

- Selects appropriate shots and able to play to opponents weaknesses – SOMETIMES successful
- Communication with their partner in doubles to show understanding of how to apply tactics and strategies (different in attack and defence) – SOMETIMES successful
- Awareness of rules and regulation – SOME understanding

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.