

Trampolining (GCSE and Core)

Students will learn:-

- Trampolining – Core, and Advanced skills as well as decision making covered 6-8 single 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:

- All shapes (tuck, pike and straddle) – VERY GOOD control and extension on nearly all occasions
- Twists (half and full) – VERY GOOD control and extension on nearly all occasions
- Landings (seat, front and back) – VERY GOOD control and extension on nearly all occasions
- Combined movements (swivel hips, twists into/out of different landings, seat to front and front to seat) – VERY GOOD control and extension on nearly all occasions

Advanced Skills:

- Back to front – GOOD control and fluency most of the time
- Front to back – GOOD control and fluency most of the time
- Half turntable – GOOD control and fluency most of the time
- Cradle – GOOD control and fluency most of the time
- Front somersault (tucked and piked) – SOME control
- Back somersault (tucked, piked and straight) – SOME control

Decision Making:

- Composition and flow of routine – VERY GOOD control and fluency on nearly all occasions
- Body awareness and use of flight – VERY GOOD control and fluency on nearly all occasions
- Acceleration/deceleration of movements – VERY GOOD control and fluency on nearly all occasions
- Spatial awareness – stay in the centre of the trampoline on nearly all occasions
- Use of showmanship – VERY GOOD on nearly all occasions
- Awareness of the rules and regulations of the activity and their application (including judging signals) – VERY GOOD 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.

Football (GCSE only)

Students will learn:-

- Football – Core, and Advanced skills as well as decision making covered over 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 on the game

Knowledge, understanding & Skills

Core Skills:

- Passing with strong foot over medium/long distances (side foot, outside of foot, driven and lofted pass) demonstrating VERY GOOD/EXCELLENT consistency/accuracy
- Control using both feet, chest and thigh demonstrating VERY GOOD/EXCELLENT consistency/accuracy with strong foot and VERY GOOD accuracy with weak foot
- Shooting (medium/long distance distances with strong foot) demonstrating VERY GOOD/EXCELLENT consistency/accuracy with increasing power
- Running with the ball and beat an opponent (using strong foot learn a step-over, dummy or feint) demonstrating EXCELLENT consistency/accuracy when done at a medium pace and VERY GOOD accuracy when done at full pace

Advanced Skills:

- Passing using their non-dominant foot (side foot, outside of foot driven and lofted pass with strong foot over medium/long distances) demonstrated with VERY GOOD consistency/accuracy
- One touch passing when appropriate (both feet) demonstrated with VERY GOOD consistency/accuracy
- Beat an opponent on their non-dominant side (step-over, dummy or feint) demonstrated with GOOD/VERY GOOD consistency/accuracy

Decision Making:

- Communication (calling for the ball and communicating with others regarding attacking and defensive skills during a game) demonstrating VERY GOOD consistency/accuracy
- Tactics and strategies (man to man/zonal marking, positioning on the field, formations) demonstrated with VERY GOOD consistency/accuracy
- Choose when to apply appropriate skills.

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.