

Rugby

Students will learn:-

- Rugby – Core, and Advanced skills as well as decision making covered over 7 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.

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 nearly all occasions
- 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) – **SOMETIMES** used successfully
- Scrum (binding, position of feet and angle of drive) – **SOMETIMES** successful
- Lineouts tactics, roles and support (lifting after yr 9) – **RARELY** successful
- Kicking (high ball, grubber, box, conversions, penalties, drop goals) – **RARELY** successful

Decision Making:

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

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

Students will learn:-

- Table Tennis – Core, and Advanced skills as well as decision making covered over 6 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 and skills

Core Skills:

- Forehand and backhand offensive topspin - **GOOD** accuracy with spin and power to the back of the table most of the time
- Forehand and backhand defensive strokes (push and slice) – **SOMETIMES** accurate when played with spin
- Forehand and backhand serves – **GOOD** accuracy most of the time

Advanced Skills:

- Forehand loop (offensive stroke) – **SOMETIMES** accurate to the back of the table
- Block as a defensive stroke – **SOMETIMES** successful
- Strokes with sidespin – **SOMETIMES** accurate
- High Toss Service – **SOMETIMES** accurate

Decision Making:

- Selects appropriate shots and able to play to opponents weaknesses – effective most of the time
- Communication with their partner **in doubles** to show understanding of how to apply tactics and strategies (different in attack and defence) – effective most of the time

How are homework /wider resources used to enhance learning?

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- 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.

Trampolining

Students will learn:-

- Trampolining – Core, and Advanced skills as well as decision making covered over 3 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.

Core Skills:

- All shapes (tuck, pike and straddle) – **GOOD** control and extension most of the time
- Twists (half and full) – **GOOD** control and extension most of the time
- Landings (seat, front and back) – **GOOD** control and extension most of the time
- Combined movements (swivel hips, twists into/out of different landings, seat to front and front to seat) – **SOMETIMES** performed with control and fluency

Advanced Skills:

- Back to front – **SOMETIMES** performed with control and fluency
- Front to back – **SOMETIMES** performed with control and fluency
- Half turntable – **RARELY** performed with control and fluency
- Cradle – **RARELY** performed with control and fluency
- Front somersault (tucked and piked) – **RARELY** performed with control
- Back somersault (tucked, piked and straight) – **RARELY** performed with control

Decision Making:

- Composition and flow of routine – **SOME** control and fluency
- Body awareness and use of flight – **SOME** height during routine
- Acceleration/deceleration of movements – **SOME** control
- Spatial awareness – **SOMETIMES** managing to stay in the centre of the trampoline
- Use of showmanship - **SOME**

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.