

## **Subject: Physical Education**

Department Staff – Ms L Goodwin, Ms D Donnelly, Ms K Wiltshire

Year 11 - Autumn Term 2010

<p><b><i>Contents: what you will study</i></b> Group option <b>Games::</b> full sided competition: tournament development.  <b>Individual Activity:</b> Dance, Fitness or Trampolining</p>
<p><b><i>National Curriculum levels at which you will work</i></b> Level 6 - 8</p>
<p><b><i>Skills which you will develop this term:</i></b></p> <ul style="list-style-type: none"><li>• Advanced personal routine or PEP adaptation</li><li>• Tournament organisation</li><li>• Managing and judging roles</li></ul> <p>Officiating and coaching</p>
<p><b><i>Assessment: how you will be tested this term</i></b> You will assessed on the</p> <ol style="list-style-type: none"><li>1. suitability of adaptations made to personal routine or PEP</li><li>2. quality of organisation of competition</li><li>3. ability to make and carry out decisions</li><li>4. quality and depth of officiating and coaching</li></ol>
<p><b><i>Equipment which you will need for this terms work</i></b> Outdoor PE kit, trainers essential Socks for trampolining PE kit bag</p>
<p><b><i>Key words which you will need to learn for this term's work</i></b></p> <p><b><u>Invasion Games</u></b> Straight finals, heats, round robin, leagues, play offs, seeding</p> <p><b><u>Individual Activities</u></b> Principles of composition and performance, preparation for activity performance, judging against criteria, strength, dietary implications suppleness and stamina</p>