

MARINA INTERNATIONAL SCHOOL

PHYSICAL EDUCATION SCHEME OF WORK

FORM 6 - TERM 1

WEEK	TOPIC	TOPIC DETAILS
1.1	Athletics	☐ Developed core skills in range of events ☐ Experience a number of sprint and pacing races. ☐ Awareness of strengths & weakness
2.1	Athletics	☐ Applied strategies in events competitions. ☐ Work with others to make improvements
3.1	Athletics	☐ Sprint running(100/200/400m) accurately replicate sprinting technique from a sprint start. ☐ To improve overall performance/recorded times
4.1	Volleyball	☐ Experience a range of net/court games with varying focus/rules. ☐ Used and understand the core skills and techniques for volleyball. ☐ Played competitive version of game ☐ Setter, reverse set, spike, overhead serve, dig, set and block
5.1	Volleyball	☐ Warm up with aerobic exercise 10min ☐ Two to one set and block game and three touch from side game
6.1	Rounders	☐ Create new defensive & attacking strategies to improve performance
7.1	Rounders	☐ Warm up – 3's. Feed ball to batter who catches the ball and throws it as far as they can. ☐ Fielder to retrieve and return to feeder.
8.1	Football	☐ Experience a range of core skills and techniques in isolation and under pressure. ☐ Played competitive games with adapted rules. Using bibs for identification of team mates
9.1	Football	☐ In 3 teams of 3 or 4 ☐ Team A attack a goal and if score turn attack other goal. ☐ If defending team dispossess the attacking team then Team B attack opposite goal.

WEEK	TOPIC	TOPIC DETAILS
10.1	Badminton	☐ To perform and replicate core skills necessary in response to a changing environment. ☐ Use principles of play and variations of service, forehand, backhand.
11.1	Badminton	☐ Introduce game play and conditional situation when performing under pressure. ☐ Skill development used as a way of advancing physical capacity
12.1	Table Tennis	Exploring net game tactics Experience core skills and used them in competitive situation
13.1	Table Tennis	☐ To analyse others' performance and given feedback. ☐ An understanding of table tennis rules and scoring systems. ☐ Push, Service, Slice, Topspin and backhand, forehand , Smash reaction time.

PHYSICAL EDUCATION SCHEME OF WORK

FORM 6 - TERM 2

WEEK	TOPIC	TOPIC DETAILS
1.1	Basketball	☐ 2 lines of 3 of to 4 players ☐ Ball starts on the right hand side ☐ A drive to basketball for a lay up and join the back of the line on the other side.
2.1	Basketball	☐ Intro. Principles of attack and defence, finding and using space, drive, fakes, rebounding, lay – ups.
3.1	Basketball	☐ In 3 teams of 4 or 4 ☐ Team A attack a basket and if score turn and attack other basket,If defending team dispossess the attackin team then team B attack opposite basket.
4.1	examination	AS continues