

MARINA INTERNATIONAL SCHOOL

PHYSICAL EDUCATION SCHEME OF WORK

FORM 7 - TERM 1

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

WEEK	TOPIC	TOPIC DETAILS
10.1	Badminton	<input type="checkbox"/> To perform and replicate core skills necessary in response to a changing environment. <input type="checkbox"/> Use principles of play and variations of service, forehand, backhand.
11.1	Badminton	<input type="checkbox"/> Introduce game play and conditional situation when performing under pressure. <input type="checkbox"/> 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	<input type="checkbox"/> To analyse others' performance and given feedback. <input type="checkbox"/> An understanding of table tennis rules and scoring systems. <input type="checkbox"/> Push, Service, Slice, Topspin and backhand, forehand , Smash reaction time.

PHYSICAL EDUCATION SCHEME OF WORK

FORM 7 - TERM 2

WEEK	TOPIC	TOPIC DETAILS
1.1	Basketball	<input type="checkbox"/> 2 lines of 3 of to 4 players <input type="checkbox"/> Ball starts on the right hand side <input type="checkbox"/> A drive to basketball for a lay up and join the back of the line on the other side.
2.1	Basketball	<input type="checkbox"/> Intro. Principles of attack and defence, finding and using space, drive, fakes, rebounding, lay - ups.
3.1	Basketball	<input type="checkbox"/> In 3 teams of 4 or 4 <input type="checkbox"/> 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 continue	A2 continues