



Northumberland's P.R.U.

PE Programme of Study - KS3/4

Autumn Term 2024-25

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
Autumn Term	Football							Basketball							
	Learning Objectives:							Learning Objectives:							
	Intro Passing – Side Foot To be able to perform the basic Football skills of passing and receiving. To be able to perform these in a small sided game. To understand and know where passing is used in football. To be able to outwit opponents with passes.	Intro Dribbling, Control & Turning - To be able to perform the basic dribbling with control. To be able to outwit opponents with the use of these techniques. To be able to perform skills in a small sided game making decisions about how best to advance on opposition.	Passing and movement off the ball - To be able to outwit opponents using learnt skills and techniques. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play in football.	Intro Shooting - To understand and know the benefits of types of shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal. To appreciate how to adjust shot selection based on opponents positioning.	Attack/outwitting an opponent - To develop their understanding and knowledge of how to outwit an opponent using the skills learnt. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	Defensive/tackling techniques - To be able to perform basic defensive skills i.e. Tackling To understand when to defend and how to stop opponents from advancing. Pupils recognize the need identify strengths and weaknesses when playing small sided games	Assessment - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football. Further development - Inter house/form Football comp.	Ball familiarisation - To be able to perform the fundamental basketball skill of ball handling. To be able to perform these in a small sided game to maintain ball possession. To develop their understanding and knowledge of the basic rules of Basketball.	Passing, receiving and outwitting an opponent - To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. To begin to understand the need of tactical movements to invade opponents goal.	Intro Dribbling & Pivoting - To be able to perform the basic dribbling technique with control and accuracy. To be able to outwit opponents with the use of these skills. To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling in Basketball.	Intro Shooting – set shot - To understand and know the benefits of types of shot. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of width and playing into space in order to attack.	Shooting – lay up To perform a basic lay-up technique appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	Shooting – lay-up (extension lesson) - To perform a basic lay-up technique appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	Assessment To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in basketball. Further development - Inter house/form basketball comp.	Invasion Games for final week

Activities:

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<p>Warm up – Student led, progressive jogging and dynamic stretching.</p> <p>Side Foot – TP’s – 3’s – Circles 5 Metre Game – Channel 3 v 3 Game Condition on Game – 5 Passes = a goal Teaching points: Follow through, Standing foot position, Weight and accuracy</p>	<p>Dribbling relays. Progress to in and out of cones. Demo and pair work - 3 Touch - Turns - Drag Back, Outside Foot Condition on Game – 2 goals at each end – Score change Ends – Turn Teaching points: Take weight out of foot, get ball out of feet. Always turn into space.</p>	<p>3s/4s in grids. Pass and move to the empty corner. How many passes in given time? Conditioned Game – 3 passes before you can score Teaching points: Use of space to keep possession. Shows movement to support player with the ball.</p>	<p>3’s Shoot at a goal – from either side – Concentrate on accuracy not power. Low and into the corners = harder for opponents to stop. Condition – Number game shoot on site, coned area in the corner of goals = 2 points. Teaching points: Head over ball. Aim for corners with accuracy. Strike through ball, lock ankle. Body balance</p>	<p>4v2 attack end line Condition – Channel Game or Defence Vs Attack – Uneven Numbers Teaching points Always at pace, with support, Use width, Move the ball quickly, limit touches</p>	<p>1 v 1, 2 v 1 Defensive Heading during game Condition – Mark only 1 player 6v6 game Teaching points Man on man, Low and side on body position, Arm’s length, without committing.</p>	<p>Warm up – Student led, progressive jogging and dynamic stretching. Groups of 5 or 6 - 5 v 5, 6 v 6 Differentiated on Ability Pupils Grade Themselves – Winners up / Losers down Teacher grades against NC levels</p>	<p>Warm up – Student led, progressive jogging and dynamic stretching. Handling skills. (Move ball around back, head, legs, figure of 8). Catching ball from partner. Basic dribbling + movement around court in pairs passing + receiving, must pivot when got ball. Teaching points: Control and accuracy in handling + passing. Bench ball l/end ball game (no movement with ball) progress to small B’ball game (3 v 3 – still no dribble).</p>	<p>3s/4s in grids. Pass and move to the empty corner. How many passes in given time? Use different passes based on what situation faced with. Teaching points: Chest/bounce/overhead. Chest to chest. Aim for accuracy. Use of space to keep possession. Show movement to support player with the ball. Intro basic rules and play – Bench ball. Develop into conditioned basketball game – 3 passes before you can score</p>	<p>Dribbling relays in pairs. Progress to in and out of cones. Work on pivoting and turn quickly to outwit opponent. Pairs; A’s dribble around space with B’s following. On whistle -A’s sprint for 3 seconds away. B’s must catch. Intro to Triple Threat Condition on game – 3 bounces only. Use in positive direction i.e. towards basket. Teaching points: waist height dribble, use fingertips, head up. Always turn into space.</p>	<p>Perform set shot technique on the spot (BEEF- bend legs, elbows-45°, eyes on ring & follow through-snap wrists). 3’s Shoot at basket – from free throw line. Teaching points: Concentrate on accuracy & technique. In 4’s - Progress to 21 game. 1 shoots from free throw line. If miss next in line rebounds & shoots from rebound position. Keep going until a score = 1 point. Scorer takes ball to start and has set shot. Successful from free throw line = 2 points. Small Sided Game (4 vs 4).</p>	<p>In groups of 4 – 2 either side, practice both sides. Can progress to some defensive pressure. 2v2 ½ court trying to outwit opponents using skills built up. Highlight importance of ball support, width/angles, moving the ball quickly. Teaching points; Footwork, Approach-45° to basket, Aim for square, Attack at pace/drive to basket. Small Sided Game-3v3 games full court.</p>	<p>In groups of 4 – 2 either side, practice both sides. Can progress to some defensive pressure. 2v2 ½ court trying to outwit opponents using skills built up. Highlight importance of ball support, width/angles, moving the ball quickly. Teaching points; Footwork, Approach-45° to basket, Aim for square, Attack at pace/drive to basket. Small Sided Game-3v3 games full court.</p>	<p>Warm up – Student led, progressive jogging and dynamic stretching. Groups of 3 – recap lay ups & set shots incorporating a pass or dribble before drive. 2 vs 2 games, progress onto 4 vs 4. King of the court – Winners up / Losers down Teacher grades against NC levels</p>	<p>Endzones Matball Guard the pin Slide Tag Speed Ball</p>
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