

Year 7 PE Remote Learning Programme

Half Term	Task	Link
Half Term 1 August - October	Netball - Create a folding leaflet that explains the main rules of netball and describes each court area. The leaflet should clearly explain where each position is allowed to move, how passing works, what counts as obstruction, and how footwork rules apply during a match. It should also include a simple diagram of the netball court showing the thirds and shooting circles. Basketball - Create a folding leaflet that explains how to perform a set shot and a lay-up in basketball. In the leaflet, they describe how to position their feet, how to hold the ball correctly, how to aim for the backboard or hoop, and how to follow through after releasing the ball. Football - Create a coaching card that teaches a beginner how to perform a controlled pass and how to receive the ball safely. Write clear step-by-step instructions that explain how to use the inside of the foot, how to stay balanced, and how to cushion the ball when receiving it. The coaching card should also include a drill which can be implemented to improve the skill.	Netball - https://netball.sport/game/the-rules-of-netball/ Basketball - https://thepehub.co.uk/free-content/resources/basketball-set-shot-826/ Football - https://www.bbc.co.uk/bitesize/guides/z9x26fr/revision/3
Half Term 2 October - December	Football - Create a coaching card that teaches a beginner how to perform a controlled pass and how to receive the ball safely. Write clear step-by-step instructions that explain how to use the inside of the foot, how to stay balanced, and how to cushion the ball when receiving it. The coaching card should also include a drill which can be implemented to improve the skill. Rugby - Design a poster that explains three essential rugby skills: catching, passing and safe tackling. The poster should describe how to hold the ball, how to pass accurately to a teammate, and how to tackle safely using correct body position.	Football - https://www.bbc.co.uk/bitesize/guides/z9x26fr/revision/3 Rugby - https://www.bbc.co.uk/bitesize/guides/zq6mtyc/revision/4

Half Term 5 April - May	Athletics - Create a coaching booklet on the throwing events of athletics. Javelin, Discus and shot put. Athletics - Create a poster on the different types of jumps and the key teaching points of them. High jump, long jump and high jump. Rounders – Create a poster of booklet identifying the key rules associated with rounders. Cricket – Create a coaching leaflet on the different skills of cricket along with the key teaching points. E.g. Different types of batting, how to bowl, tips on how to catch and throw. Tennis – Create an information mind map for tennis. This should include the basic rules and key skills associated with the sport . Softball - Create a beginners guide to softball rules. This can be in the form of a poster, booklet or mind map.	Athletics Javelin in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize Shot put in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize High jump in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize Rounder Rules of Rounders - Download Resource PDF The PE Hub 1039 ROUNDERS RULE BOOK.pdf Cricket https://www.roundersengland.co.uk/content/uploads/2023/05/1039-Official-Rounders-Rules-Book-2023-2025.pdf The cricket straight drive - Cricket - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize Tennis Tennis basic serve - Tennis - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize Softball Basic_Rules_of_Softball_and_Baseball.pdf

Half Term 6
May - July

ROUNDERS

Year 7

Task 1 – The Basics of Rounders

Create a beginner's guide to rounders for someone who has never played before.

Your guide must explain:

The aim of rounders.

How a team scores a rounder.

The role of the batter.

The role of the bowler.

What the four posts are used for.

Three ways a batter can be given out.

Task 2 – Rounders Skills

Choose three important skills used in rounders from:

Batting

Bowling

Throwing

Catching

Fielding

For each skill:

Describe how to perform it correctly.

Give three coaching points.

Explain when you would use it during a game.

Cricket

Task 1 – Introduction to Cricket

Create a one-page Beginner's Guide to Cricket.

Explain:

The aim of cricket.

How runs are scored.

How a batter can be given out.

What wickets are.

What an over is.

The roles of the batter, bowler and fielders.

Task 2 – Cricket Skills

Choose THREE:

Batting

Bowling

Catching

Throwing

Fielding

For each skill:

Describe how to perform it.

Give three coaching points.

Explain why the skill is important.

TENNIS

Task 1 – Tennis Basics

Create a beginner's guide explaining:

The aim of tennis.

How a point is won.

The basic scoring system.

What a serve is.

What happens if the ball lands outside the court.

The difference between singles and doubles.

Task 2 – Tennis Skills

Explain how to perform:

Forehand

Backhand

Serve

Give three coaching points for each skill.

SOFTBALL

Task 1 – Introduction to Softball

Create a beginner's guide to softball.

Explain:

The aim of the game.

How runs are scored.

The role of the batter.

The role of the pitcher.

	The purpose of the bases. Three ways a batter/player can be given out. Draw and label a softball diamond. Task 2 – Softball Skills Choose THREE: Batting Throwing Catching Pitching Fielding For each: Describe the correct technique. Give three coaching points. Explain when it would be used during a game.	
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Year 8 PE Remote Learning Programme

Half Term	Task	Link
Half Term 1 August - October	Netball- Imagine you are coaching a Year 7 pupil who has never played netball before. Write a short section titled: "My 5 Golden Rules for a New Netball Player". Choose the five most important rules they should remember and explain what the rule is, what happens if the rule is broken and how play is restarted afterwards. Football - Your task is to create a coaching card that teaches a beginner how to perform a short pass, how to dribble with control and how to use a goal-side defending stance. You should write clear step-by-step instructions, explain the key coaching points, describe common mistakes and suggest a simple practice drill that can be at training. Hockey - Your task is to create a poster that explains the safety rules and equipment used in field hockey. You should describe the	Netball- Learn the Game England Netball Football - https://www.thefa.com/learning/coaching Hockey - Rules Of Hockey England Hockey

	protective equipment players need, such as shin pads, gum shields and gloves, and explain how safe stick use and safe distances help prevent injuries. You should also include information about pitch zones and explain why safety rules are important for both players and officials. Dance - Create a mind map exploring <i>three cultural dance styles</i>. Choose from: Bollywood, Hip Hop, Contemporary, Ballet, African dance, Street dance. Your mind map must include Key movements, Typical music, Costume/style, How the culture influences the dance. Basketball- Your task is to create a coaching card that teaches a beginner how to perform a jump shot, how to dribble with control and how to perform a lay-up. You should research each skill and create a clear, informative resource that could be given to someone who has never played basketball before. For each skill, include: Clear step-by-step instructions explaining how to perform the skill; The key coaching points that will help someone perform the skill correctly (add a diagram/pictures); At least two common mistakes a beginner might make and how to correct them; A simple practice drill that could be completed at basketball training; An explanation of when and why the skill would be used in a game.	Dance - https://www.arabesqueschool.co.uk/the-role-of-dance-in-celebrating-cultural-diversity/ Basketball- 22 Simple, Fun & Effective Basketball Drills for Coaches 10 Basic Basketball Skills Every Player Should Master (Beginner Guide) – Gym Aesthetics Asia
Half Term 2 October - December	Rugby - Create a rules poster identifying the <i>main rules of rugby union</i>. Your poster must include: Scoring methods (try, conversion, penalty, drop goal), Offside rule, Tackling safety, Basic positions, How play restarts (scrum, line-out, penalty) Handball - Create a mind map showing the <i>key rules and strategies</i> of handball. Include: 3-step rule, 3-second rule, Goal area rules, Throw-off, throw-in, free-throw, Defensive strategies (blocking, marking, zone defence)	Rugby - https://www.world.rugby/the-game/laws https://www.rugbyworld.com/skills Handball - Handball scoring, rules and officials - Handball - factfile - GCSE Physical Education Revision - AQA - BBC Bitesize Dance - https://www.arabesqueschool.co.uk/the-role-of-dance-in-celebrating-cultural-diversity/ Football - https://www.thefa.com/learning/coaching

	Dance - Create a mind map exploring <i>three cultural dance styles</i>. Choose from: Bollywood, Hip Hop, Contemporary, Ballet, African dance, Street dance Your mind map must include Key movements, Typical music, Costume/style, How the culture influences the dance Football - Your task is to create a coaching card that teaches a beginner how to perform a short pass, how to dribble with control and how to use a goal-side defending stance. You should write clear step-by-step instructions, explain the key coaching points, describe common mistakes and suggest a simple practice drill that can be at training. Hockey - Your task is to create a poster that explains the safety rules and equipment used in field hockey. You should describe the protective equipment players need, such as shin pads, gum shields and gloves, and explain how safe stick use and safe distances help prevent injuries. You should also include information about pitch zones and explain why safety rules are important for both players and officials.	Hockey - Rules Of Hockey England Hockey
Half Term 3 January - February	Trampolining – produce a 10 bounce routine that can include, basics shapes, twists, seat, front and back landings. Every contact with the bed of the trampoline is one bounce. E.g. Swivel hips is classed as 3 contacts. In addition, provide the key coaching points to look out for. Dance – Create a poster depicting the different styles of dance and characteristics of a routine. E.g. travel, dynamics, levels, canon etc. Rugby - Create a poster identify the key main rules of rugby. You may include positions, scoring methods etc.	Rugby - RFU Rules & Regulations Rugby Football Union Hockey - Rules Of Hockey England Hockey Handball - Handball scoring, rules and officials - Handball - factfile - GCSE Physical Education Revision - AQA - BBC Bitesize Table tennis - Rules and how to play table tennis - Table Tennis England

	Hockey – Create a folding leaflet identify the main rules of field hockey. This webpage may help. You may want to include hand signals. Handball – Create a mind map of the main rules and strategies associated with the game of handball. Use this website to help you Table tennis – Imagine that you are teaching a beginner table tennis player, create a coaching resource for the back hand push and serve, with the aim that your resource will help them develop their technique.	
Half Term 4 March - April	Trampolining – produce a 10 bounce routine that can include, basics shapes, twists, seat and front landing. Every contact with the bed of the trampoline is one bounce. E.g. Swivel hips is 3 contacts. Hockey – Create a folding leaflet identify the main rules of field hockey. This webpage may help Handball – Create a mind map of the main rules and strategies associated with the game of handball. Use this website to help you Futsal – Create a training plan for a Futsal Player. This plan must be specific to Futsal and outline key differences between Futsal and Football. Include key rules, warm up's, drills, games and a cool down. Table tennis – Imagine that you are teaching a beginner table tennis player, create a coaching resource for the back hand push and serve, with the aim that your resource will help them develop their technique. Rugby - Create a poster identify the key main rules of rugby. You may include positions, scoring methods etc.	Hockey - Rules Of Hockey England Hockey Handball - Handball scoring, rules and officials - Handball - factfile - GCSE Physical Education Revision - AQA - BBC Bitesize A Quick Guide to the Rules of FIFA Futsal RFU Rules & Regulations Rugby Football Union

Half Term 5 April - May	Athletics - Create a coaching booklet on the throwing events of athletics. Javelin, Discus and shot put. Athletics - Create a poster on the different types of jumps and the key teaching points of them. High jump, long jump and high jump. Rounders – Create a poster of booklet identifying the key rules associated with rounders. Cricket – Create a coaching leaflet on the different skills of cricket along with the key teaching points. E.g. Different types of batting, how to bowl, tips on how to catch and throw. Tennis – Create an information mind map for tennis. This should include the basic rules and key skills associated with the sport . Softball - Create a beginners guide to softball rules. This can be in the form of a poster, booklet or mind map.	Athletics Javelin in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize Shot put in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize High jump in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize Rounder Rules of Rounders - Download Resource PDF The PE Hub 1039 ROUNDERS RULE BOOK.pdf Cricket https://www.roundersengland.co.uk/content/uploads/2023/05/1039-Official-Rounders-Rules-Book-2023-2025.pdf The cricket straight drive - Cricket - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize Tennis Tennis basic serve - Tennis - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize Softball Basic Rules of Softball and Baseball.pdf
Half Term 6 May - July	Rounders Task 1 – Rounders Positions Imagine you are the captain of a rounders team. Create a diagram of a rounders pitch and show where you would position your fielders. For five different positions, explain: Where the player should stand. What their main responsibility is. What skills they need to be successful.	

Task 2 – Improving Performance

A pupil is struggling with their batting. They regularly miss the ball or hit it straight towards a fielder.

Create a six-point coaching guide to help them improve.

Include advice about:

Grip

Stance

Watching the ball

Swing

Contact

Placement of the shot

Finish by explaining two practices/drills they could use to improve their batting.

Cricket

Task 1 – Batting Technique

Create a coaching guide explaining how to perform a successful cricket batting shot.

Include:

Grip

Stance

Footwork

Head position

Contact with the ball

Follow-through

Then explain the difference between playing an attacking shot and a defensive shot.

Task 2 – Fielding Positions

Draw a cricket pitch and research/identify at least eight fielding positions.

For five of these positions explain:

Where the fielder stands.

Their role.

What skills they require.

Tennis

Task 1 – Tennis Technique

Choose either the forehand or backhand.

Create a detailed coaching guide covering:

Ready position

Grip

Preparation

Footwork

Contact point

Follow-through

Task 2 – Tennis Tactics

Explain why simply hitting the ball as hard as possible is not always the best tennis tactic.

Explain how players can use:

Placement

Depth

Width

Changes of speed

Opponent's weaknesses

Softball

Task 1 – Fielding Positions

Draw a softball diamond and identify the main fielding positions.

Choose five positions and explain:

Where the player stands.

Their responsibility.

What skills they require.

Which position do you think is the most difficult? Justify your answer.

Task 2 – Batting Coach

A pupil regularly misses the ball when batting.

Create a coaching guide explaining how they could improve.

Include:

Grip

Stance

	Watching the ball Weight transfer Contact Follow-through	
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Year 9 PE Remote Learning Programme

Half Term	Task	Link
Half Term 1 August - October	Fitness - Create a mind map that explores different fitness training methods. They explain how interval training, circuit training, continuous training and resistance training work, and describe what each method is designed to improve. Also include examples of exercises that fit into each method and show how these methods link to overall health and performance. Basketball - Create a leaflet that explains two simple offensive plays used in basketball, such as a give-and-go and a pick-and-roll. In the leaflet, they describe how each play works, how players move to create space, and how timing affects success. Netball- Create a poster that explains the main positions in netball and their responsibilities. Include all seven positions (GS, GA, WA, C, WD, GD, GK) and explain where each player is allowed to move on the court. Describe the key skills needed for each position and explain how players work together to create attacking and defensive play. Include a labelled netball court showing the areas each position can access. Football- Produce either a poster, leaflet or presentation explaining the main rules of the sport. The key skills required to be successful. Three coaching points for at least two skills. Two tactics or strategies used within football when attacking and two for defending. The fitness	Fitness - https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/2 Basketball - https://www.basketballforcoaches.com/pick-and-roll/ Netball-Learn the Game England Netball Netball Court Dimensions, Lines & Positions Net World Sports Football- Football scoring, rules and officials - Association football - factfile - GCSE Physical Education Revision - WJEC - BBC Bitesize What are the principles of football? England Football Learning Hockey - Rules Of Hockey England Hockey

	components most important for success and why. Choose one elite performer/team associated with the sport and what makes them successful. Hockey – Create a folding leaflet identify the main rules of field hockey. This webpage may help. You may want to include hand signals.	
Half Term 2 October - December	Rugby - Create a folding leaflet that explains more advanced rugby rules and how referees manage the game. In the leaflet, they describe how advantage works, how referees communicate decisions, how foul play is judged, and how yellow and red cards are used. They also explain the difference between a penalty and a free kick. Fitness - Create a mind map that explores different fitness training methods. They explain how interval training, circuit training, continuous training and resistance training work, and describe what each method is designed to improve. Also include examples of exercises that fit into each method and show how these methods link to overall health and performance. Handball - Design a poster that explains two defensive systems used in handball, such as a 6–0 defence and a 5–1 defence. In the poster, they describe how each system is organised, how players move together, and how defenders try to block shots or intercept passes. Also explain when each defensive system is most effective and include simple diagrams showing player positions. Basketball - Create a leaflet that explains two simple offensive plays used in basketball, such as a give-and-go and a pick-and-roll. In the leaflet, they describe how each play works, how players move to create space, and how timing affects success.	Rugby - https://www.world.rugby/the-game/beginners-guide/advantage?lang=en Fitness - https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/2 Handball - https://courtdraw.app/handball-tactics-board/ Basketball - https://www.basketballforcoaches.com/pick-and-roll/

Half Term 3 January - February	Fitness – Create a circuit consisting of 8-10 stations. Ensure there is a variety within the actions / movements. Highlighting the key techniques used in safe performance. Trampolining – Research a competition based 10 bounced Every contact with the bed of the trampoline is one bounce. E.g. Swivel hips is classed as 3 contacts. In addition, provide the key coaching points to look out for. Rugby - Create a poster identify the key main rules of rugby. You may include positions, scoring methods etc. Hockey – Create a folding leaflet identify the main rules of field hockey. This webpage may help. You may want to include hand signals. Handball – Create a mind map of the main rules and strategies associated with the game of handball. Use this website to help you Table tennis – Imagine that you are teaching a beginner table tennis player, create a coaching resource for the back hand push and serve, with the aim that your resource will help them develop their technique.	Rugby - RFU Rules & Regulations Rugby Football Union Hockey - Rules Of Hockey England Hockey Handball - Handball scoring, rules and officials - Handball - factfile - GCSE Physical Education Revision - AQA - BBC Bitesize Table tennis - Rules and how to play table tennis - Table Tennis England
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	Rugby - Create a Rugby training/lesson plan focussing on a key area of rugby (tackling, rucking, scrumming, kicking etc). It must include a fun warm up, engaging drills and a mini style tournament set up with a cool down to finish. Include any key rules in addition. Futsal – Create a training plan for a Futsal Player. This plan must be specific to Futsal and outline key differences between Futsal and Football. Include key rules, warm up’s, drills, games and a cool down.	
Half Term 5 April - May	Athletics - Create a coaching booklet on the throwing events of athletics. Javelin, Discus and shot put. Athletics - Create a poster on the different types of jumps and the key teaching points of them. High jump, long jump and high jump. Rounders – Create a poster of booklet identifying the key rules associated with rounders. Cricket – Create a coaching leaflet on the different skills of cricket along with the key teaching points. E.g. Different types of batting, how to bowl, tips on how to catch and throw. Tennis – Create an information mind map for tennis. This should include the basic rules and key skills associated with the sport . Softball - Create a beginners guide to softball rules. This can be in the form of a poster, booklet or mind map.	Athletics Javelin in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize Shot put in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize High jump in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize Rounders Rules of Rounders - Download Resource PDF The PE Hub 1039 ROUNDERS RULE BOOK.pdf Cricket https://www.roundersengland.co.uk/content/uploads/2023/05/1039-Official-Rounders-Rules-Book-2023-2025.pdf The cricket straight drive - Cricket - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize Tennis Tennis basic serve - Tennis - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize

		Softball Basic Rules of Softball and Baseball.pdf
Half Term 6 May - July	Rounders Task 1 – Rounders Tactics Your team is defending a small lead in the final innings. Explain the tactics your team could use to prevent the opposition from scoring. Consider: Positioning of fielders Communication Throwing to posts Backing up Decision-making Strengths and weaknesses of different batters Create a diagram showing your ideal fielding setup and explain your decisions. Task 2 – Performance Analysis Choose ONE skill: Batting, bowling, throwing or catching. Produce a detailed analysis containing: A description of the correct technique. At least five coaching points. Three common mistakes. How each mistake could affect performance. A practice that could improve each weakness. Cricket Task 1 – Cricket Tactics You are captain of a cricket team. The opposition has a batter who is scoring lots of runs by hitting the ball towards the same area. Explain how you could respond tactically.	

Consider:

Fielding positions

Bowling line

Bowling length

Communication

Preventing boundaries

Creating opportunities to get the batter out

Include a diagram of your field.

Task 2 – Skill Analysis

Choose either batting or bowling.

Analyse the technique by explaining:

Preparation

Body position

Movement

Execution

Follow-through

Tennis

Task 1 – Exploiting Weaknesses

You notice that your opponent has:

A strong forehand.

A weak backhand.

Poor movement around the court.

Create a tactical plan explaining how you would play against them.

Include:

Where you would serve.

Where you would aim your groundstrokes.

How you would move your opponent.

When you would attack.

Task 2 – Performance Analysis

Choose ONE:

Forehand, backhand or serve.

Analyse the technique in detail.

Include:

Preparation

Footwork

Body position
Contact
Follow-through

Softball

Task 1 – Softball Tactics

Your opponent has a very powerful batter.

Create a defensive strategy to reduce their chances of scoring.

Consider:

Fielding positions

Communication

Anticipation

Throwing decisions

Covering bases

Preventing extra bases

Draw your fielding setup and justify your decisions.

Task 2 – Skill Analysis

Choose either batting, throwing or fielding.

Analyse the correct technique.

Identify:

Five important coaching points.

Three common mistakes.

How each mistake affects performance.

A practice that could improve each weakness.

Year 10 PE Remote Learning Programme

Half Term	Task	Link
Half Term 1 August - October	Handball – Create a mind map of the main rules and strategies associated with the game of handball. Use the website to help you. Hockey – Create a folding leaflet identifying the main rules of field hockey. This webpage may help. You may want to include hand signals. Basketball - Create a leaflet that explains two simple offensive plays used in basketball, such as a give-and-go and a pick-and-roll. In the leaflet, they describe how each play works, how players move to create space, and how timing affects success. Football- Create a tactical analysis leaflet explaining two common football formations, such as 4-4-2 and 4-3-3. Describe how each formation is organised, the strengths and weaknesses of each formation in attack and defence. Explain the role and responsibilities of players in at least three different positions. Describe how a team may change formation during a match depending on the scoreline. Include annotated diagrams of each formation. Evaluate which formation would be most effective against a stronger opposition team and justify your choice. Netball- Create a performance analysis poster examining attacking and defensive strategies in netball. Your poster should: Explain the roles and responsibilities of all seven positions. Analyse at least two attacking strategies (e.g. centre pass routines, creating space, driving into space). Analyse at least two defensive strategies (e.g. marking, intercepting, double marking). Explain how communication contributes	Handball- Handball Rules - Free PDF Resource Download The PE Hub Hockey- Rules of Hockey Official Documents Basketball- Pick and Roll for Basketball (Offensive Guide) - Basketball For Coaches Football- Football Formations and Tactics - BBC SPORT Football Laws & Equipment Formations: 4-3-3 Netball- Learn the Game England Netball Netball Coaching Resources - 100's of fun drills! Mastering the Centre Pass: Set Plays, Variations, and Coaching Strategies for Netball and Basketball Vanta Sports Badminton- Simple rules for beginners Badminton Bible

to successful team performance. Evaluate which strategy you believe is most effective and justify your answer with examples.

Badminton- Create a coaching guide for a developing badminton player.

Your guide should: Explain the rules and scoring system used in badminton. Analyse three different shots (e.g. clear, drop shot, smash). Describe the key teaching points and common faults for each shot. Explain when each shot should be used during a game. Include a court diagram showing where each shot is typically played. Evaluate which shot is most effective for winning points and explain why.

Dance (Just dance/HRF)- Create a training and performance plan showing how dance contributes to health-related fitness. Your work should: Explain the five components of health-related fitness. Analyse how dance can improve at least four components.

Design a 20-minute dance-based workout that progressively increases in intensity. Identify the muscles used during different dance movements. Explain how warm-ups and cool-downs reduce injury risk. Evaluate the effectiveness of dance as a method of improving fitness compared to another activity of your choice.

[Basic Badminton Techniques for Beginners to Improve Fast](#)

Dance- [Dance - health benefits | Better Health Channel](#)

GCSE PE- [The muscular-skeletal system - Skeletal system - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize](#)

CNAT Sport Studies- Go Ape Coventry - Plan Your Visit:
<https://goape.co.uk/locations/coventry/plan-your-visit/>

GCSE PE- Musculoskeletal system- Create a revision resource (mind maps, poster, flashcards) explaining the musculoskeletal system.

Your resource should: Identify the major bones of the skeleton. Explain the functions of the skeleton. Describe the structure and function of synovial joints. Explain the role of ligaments, tendons and cartilage. Identify the major muscle groups and their functions. Analyse how muscles work as antagonistic pairs. Apply your knowledge to sporting examples.

CNAT Sport Studies- Research High Ropes (GoApe- Coventry) - Create a one-page poster explaining how to safely prepare for a trip to **Go Ape- Coventry**.

Include:

- **3-5 risks or hazards** associated with high ropes activities.
- Explain how these risks can be reduced.
- A list of **suitable clothing and equipment** needed for the day.
- How you would **travel to the venue** and plan your visit.
- Three benefits of taking part in outdoor adventurous activities.

Extension: Explain why risk assessments are important when organising outdoor activities.

Half Term 2
**October -
December**

HRF - Research the five components of health-related fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. Write a paragraph explaining which component you think is your strongest and which component you would like to improve, giving reasons for your answers.

Trampolining - Research the key safety rules of trampolining and the different shapes used in routines, such as tuck, pike and straddle. Watch a trampolining performance online and identify three skills that the gymnast performs well. Write a paragraph explaining how the performer demonstrates control, balance and body tension throughout their routine.

Futsal - Research the rules of futsal and identify three differences between futsal and football. Draw a simple futsal court and label the important areas. Write a paragraph explaining two attacking tactics and one defensive tactic that a team could use during a futsal match. Include why these tactics are effective.

Rugby - Research the basic rules of rugby, including how points are scored. Watch a short rugby highlights video and identify two examples of successful attacking play and two examples of good defence. Write a paragraph explaining which skills were used and why they helped the team to be successful.

GCSE – Research the five components of health-related fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. Complete a short fitness circuit at home that includes activities such as star jumps, press-ups, sit-ups and

	stretching. Write a short paragraph explaining which component you think is your strongest and which component you would like to improve, giving reasons for your answers. CNAT - Research one Outdoor and Adventurous Activity (OAA), such as orienteering, rock climbing, kayaking or mountain biking. Write a short paragraph explaining the activity, the key skills required and the safety equipment needed to take part. Then explain how participating in OAA can help develop teamwork, communication and problem-solving skills.	
Half Term 3 January - February	Hockey – Create a folding leaflet identify the main rules of field hockey. This webpage may help. You may want to include hand signals. Handball – Create a mind map of the main rules and strategies associated with the game of handball. Use this website to help you Fitness – Create your own version of the sun salutation as part of yoga GCSE – Create a poster identifying the different training methods and explaining what is involved in each.	

Half Term 4 March - April	Rugby - Create a Rugby training/lesson plan focussing on a key area of rugby (tackling, rucking, scrumming, kicking etc). It must include a fun warm up, engaging drills and a mini style tournament set up with a cool down to finish. Include any key rules in addition. Softball - Create a beginner's guide to softball rules. This can be in the form of a poster, booklet or mind map. See if you can also include strategical/tactical plays within (Think, if the bases are loaded, who do you want batting? For the fielding team, how does this change the structure of your outfield? Basketball - Create a leaflet that explains two simple offensive plays used in basketball, such as a give-and-go and a pick-and-roll. In the leaflet, they describe how each play works, how players move to create space, and how timing affects success. GCSE PE – Revise the components of fitness and training methods. Use online materials to help you.	Rugby - RFU Rules & Regulations Rugby Football Union 1039 ROUNDERS RULE BOOK.pdf Components of fitness - Keeping fit and healthy - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize Different methods of sport training - Methods and effects of training - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize
Half Term 5 April - May	Rounders – Create a poster of booklet identifying the key rules associated with rounders. Cricket – Create a coaching leaflet on the different skills of cricket along with the key teaching points. E.g. Different types of batting, how to bowl, tips on how to catch and throw. Tennis – Create an information mind map for tennis. This should include the basic rules and key skills associated with the sport . Softball - Create a beginners guide to softball rules. This can be in the form of a poster, booklet or mind map.	Rounder Rules of Rounders - Download Resource PDF The PE Hub 1039 ROUNDERS RULE BOOK.pdf Cricket https://www.roundersengland.co.uk/content/uploads/2023/05/1039-Official-Rounders-Rules-Book-2023-2025.pdf The cricket straight drive - Cricket - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize Tennis Tennis basic serve - Tennis - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize

	GCSE PE – Use the NEA coursework guide to start to identify your strengths and weaknesses and look to construct your paragraphs.	Softball Basic Rules of Softball and Baseball.pdf
Half Term 6 May - July	Rounders Task 1 – Tactical Analysis A powerful batter regularly hits the ball deep into the outfield. Explain how you would change your team's fielding tactics when this player comes to bat. Your answer should consider: - Fielding positions - Anticipation - Communication - Backing up throws Which post the ball should be thrown towards Preventing the batter from scoring a full rounder Task 2 – Performance Improvement Plan Imagine you are coaching a rounders player whose main weakness is fielding under pressure. Create a improvement programme. Identify: - The skill being developed. - A suitable practice/drill. - How the drill should become progressively harder. - How you would measure improvement. Cricket Task 1 – Captaincy Challenge Your team has 30 runs to defend from the final five overs. Create a tactical plan explaining how you would try to win the game. Consider: - Choice of bowlers - Field placement - Preventing boundaries	

	Communication Taking wickets Managing risk Justify at least four decisions. Task 2 – Improving Bowling A bowler has good speed but struggles with accuracy. Create a training programme designed to improve their bowling. Include: Practices/drills. Targets. Progression. Feedback. Methods of measuring improvement. Tennis Task 1 – Match Tactics You are playing an opponent who stays at the back of the court and is excellent at returning powerful shots. Develop a strategy for beating them. Consider: Shot placement Drop shots Changes of pace Moving your opponent Approaching the net Risk versus reward Task 2 – Training Programme Create a four-week training programme for a tennis player who needs to improve their serve. For each week include: Technical focus. Practice/drill. Number of repetitions/targets. How difficulty will increase. How progress will be measured.	
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	Softball Task 1 – Decision-Making A fielder collects the ball while runners are moving between several bases. Explain the information the fielder should consider before deciding where to throw the ball. Consider: Position of runners Speed of runners Distance to each base Position of teammates Score Risk versus reward Task 2 – Training Programme Create a programme for a softball player who needs to improve their batting accuracy and consistency. Include: Practice/drill. Coaching focus. Progression. Feedback. How improvement will be measured.	
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Year 11 PE Remote Learning Programme

Half Term	Task	Link
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Half Term 1 August - October	Handball – Create a mind map of the main rules and strategies associated with the game of handball. Use the website to help you. Hockey – Create a folding leaflet identifying the main rules of field hockey. This webpage may help. You may want to include hand signals. Football- Create a tactical analysis leaflet explaining two common football formations, such as 4-4-2 and 4-3-3. Describe how each formation is organised, the strengths	Handball- Handball Rules - Free PDF Resource Download The PE Hub Hockey- Rules of Hockey Official Documents Football- Football Formations and Tactics - BBC SPORT Football Laws & Equipment Formations: 4-3-3 Netball- Learn the Game England Netball Netball Coaching Resources - 100's of fun drills! Mastering the Centre Pass: Set Plays, Variations, and Coaching Strategies for Netball and Basketball Vanta Sports Badminton- Simple rules for beginners Badminton Bible Basic Badminton Techniques for Beginners to Improve Fast Dance- Dance - health benefits Better Health Channel
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	and weaknesses of each formation in attack and defence. Explain the role and responsibilities of players in at least three different positions. Describe how a team may change formation during a match depending on the scoreline. Include annotated diagrams of each formation. Evaluate which formation would be most effective against a stronger opposition team and justify your choice.	GCSE PE- Classification of movement skills in sport - Classification of skill - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize CNAT Sport Studies- Factors affecting participation in sport - Social groupings and participation in sport - Cambridge OCR - GCSE Physical Education Revision - Cambridge OCR - BBC Bitesize
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Netball-

Create a performance analysis poster examining attacking and defensive strategies in

netball. Your poster should:

Explain the

roles and responsibilities

of all seven positions.

Analyse at least

two attacking strategies (e.g.

centre pass routines,

creating space,

driving into space). Analyse

at least two defensive

strategies (e.g.

marking, intercepting,

double

	marking). Explain how communication contributes to successful team performance. Evaluate which strategy you believe is most effective and justify your answer with examples. Badminton- Create a coaching guide for a developing badminton player. Your guide should: Explain the rules and scoring system used in badminton.	
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	Analyse three different shots (e.g. clear, drop shot, smash). Describe the key teaching points and common faults for each shot. Explain when each shot should be used during a game. Include a court diagram showing where each shot is typically played. Evaluate which shot is most effective for winning points and explain why. Dance (Just dance/HRF)-	
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	Create a training and performance plan showing how dance contributes to health-related fitness. Your work should: Explain the five components of health-related fitness. Analyse how dance can improve at least four components. Design a 20-minute dance-based workout that progressively increases in intensity. Identify the muscles used during different dance movements.	
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	Explain how warm-ups and cool-downs reduce injury risk. Evaluate the effectiveness of dance as a method of improving fitness compared to another activity of your choice. GCSE PE- (sport psychology)- Create a revision poster explaining the different classifications of skill in sport. • Include : Open and Closed, Basic and	
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	Complex, Self-paced/Externally paced, Gross and Fine Skills. Include a definition of each classification. At least two sporting examples for each classification. Explain why some	
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skills
may fit
into
more
than
one
classific
ation.
Include
diagra
ms or
images
to
suppor
t your
explana
tions.

**CNAT Sport
Studies-**

Create a one-
page fact file
introducing the
key topics in
R184- TA1
**(Issues which
affect**

**participation
in sport).**

Your fact file
should include:

**Three user
groups** that
may participate
in sport (e.g.
carers, disabled
people, young
children); **Two
barriers** that
may prevent
each of the
three user
groups
identified from
participating
and a possible
solution for
each; **Two
factors** that
can increase
the popularity
of a sport in
the UK; **Two
factors** that
can reduce the
popularity of a

	sport in the UK; Research three emerging sports in the UK and explain why they are becoming more popular.	
Half Term 2 October - December	HRF - Research the five components of health-related fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition. For each component, explain its importance in sporting performance	The 11 components of fitness - Keeping fit and healthy through sports - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize GCSE Physical Education - AQA - BBC Bitesize Trampoline Skills Alton Trampoline Club https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwiG_967gMGWAXqT0EAHTOjDMMQFnoECAkQAQ&url=%2Fgoto%3Furl%3DCAESpgEB6zswFaQPDmyY2z2OfnqLQqgLoP-3VlBSW-6crHhq_SbsCkquDfjtoMNA-LZ1S1uepmz5gTBfVRuRKtzYnnL6wMaBq521VI5GCPX9GULRxXX55pGltgof9_xJA04hbqPUi0be2cNQNZ2zWjB_n4FRPHhG4c8RRcolvdi0YvmJYdDg77rlgJC-7svz-bCF4PpOUmE4RDm4hzatXjSm2eMeAzWmljH8&usg=AOvVaw1vJmrf2K5bNNR37Vb2qjt-&opi=89978449

	and give an example of a sport where it is particularly important. Then evaluate your own fitness by identifying your strongest and weakest component, using evidence from your participation in sport or physical activity. Write a detailed paragraph explaining how your weakest component could be improved through training and the potential impact this	
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	would have on your performance. Trampolining - Research the safety regulations used in trampolining and the technical requirements of key body shapes such as tuck, pike and straddle. Watch a trampolining routine online and analyse three skills performed by the athlete. Write a detailed paragraph explaining how the performer demonstrates control,	
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	balance, body tension and height, and evaluate how effectively the skills are linked together. Use technical terminology throughout your analysis.	
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Futsal -

Research the rules of futsal and explain at least three differences between futsal and football. Draw and label a futsal court, including all key markings and playing areas. Write a detailed paragraph analysing two attacking tactics and two defensive tactics used in futsal. Explain how these tactics create or deny space and evaluate why they are effective against

different types
of opposition.

Rugby-

Research the laws of rugby, including scoring systems, player positions and the role of key officials. Watch a rugby match or highlights clip and identify two successful attacking phases and two successful defensive phases. Write a detailed paragraph analysing the skills and decision-making

demonstrated
by the players.

Explain how
tactics,
communication
and teamwork
contributed to
the success of
each phase of
play and
evaluate which
aspect had the
greatest
impact on
performance.

GCSE -

Research the
concepts of
arousal and the
information
processing
system in sport
and
performance
psychology.
Write a short
paragraph
explaining

	what arousal is and how it can affect performance positively and negatively. Then explain the information processing system, including input, decision making, output and feedback, using a sporting example to support your answer. CNAT – Create poster on the advantages and disadvantages of hosting a major sporting event.	
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Half Term 3 January - February	Hockey – Create a folding leaflet identify the main rules of field hockey. This webpage may help. You may want to include hand signals. Handball – Create a mind map of the main rules and strategies associated with the game of handball. Use this website to help you Fitness – Create your own version of the sun salutation as part of yoga GCSE – Create a poster identifying the different training methods and explaining	
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	what is involved in each type of training.	
Half Term 4 March - April	Rugby - Create a rugby training/lesson plan focused on one key area, such as tackling, rucking, scrummaging, kicking or attacking play. Include a rugby-specific warm-up, coaching points, progressive drills, a conditioned mini tournament, cool down, key rules and safety points. Explain how your drills link to a real game situation. Softball - Create a beginner-to-	Rugby - RFU Rules & Regulations Rugby Football Union 1039 ROUNDERS RULE BOOK.pdf Components of fitness - Keeping fit and healthy - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize Different methods of sport training - Methods and effects of training - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize

	intermediate guide to softball rules as a poster, booklet, mind map or coaching guide. Include basic rules, scoring, fielding positions, batting order and how players can be out. Add at least three tactical scenarios, such as bases loaded, runner on third, or protecting a narrow lead, and explain the best decision for each. Basketball - Create a leaflet explaining three offensive basketball plays, such as give-and-go, pick-and-roll,	
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pick-and-pop,
screen away,
fast break or
drive and kick.
For each play,
explain how it
works, how
players create
space, why
timing matters,
and how the
attack could
adapt if the
defence stops
the first option.

GCSE PE -

Revise the
components of
fitness and
methods of
training.
Create a
revision
resource that
includes
definitions,
sporting
examples,
training
method
explanations,
advantages
and
disadvantages,
and a short
quiz.

Challenge:

	design a four-week training plan for one athlete or position and explain how it would improve performance.	
Half Term 5 April - May	Rounders – Create a poster of booklet identifying the key rules associated with rounders. Cricket – Create a coaching leaflet on the different skills of cricket along with the key teaching points. E.g. Different types of batting, how to bowl, tips on how to catch and throw. Tennis – Create an information mind map for	Rounder Rules of Rounders - Download Resource PDF The PE Hub 1039 ROUNDERS RULE BOOK.pdf Cricket https://www.roundersengland.co.uk/content/uploads/2023/05/1039-Official-Rounders-Rules-Book-2023-2025.pdf The cricket straight drive - Cricket - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize Tennis Tennis basic serve - Tennis - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize Softball Basic_Rules_of_Softball_and_Baseball.pdf GCSE PE - GCSE Physical Education - AQA - BBC Bitesize

	tennis. This should include the basic rules and key skills associated with the sport . Softball - Create a beginners guide to softball rules. This can be in the form of a poster, booklet or mind map. GCSE PE – Look at different revision topics in preparation for your exam.	
Half Term 6 May - July	Rounders Task 1 – Analyse and Evaluate Performance A rounders player is technically good at throwing but often makes poor decisions during	

	competitive matches. Analyse how the following could affect their performance: Decision-making Communication Pressure Positioning Anticipation For each factor, explain how it could lead to the opposition scoring. Finish by identifying the most important area for improvement and justify your decision. Task 2 – Coaching and Tactics You are coaching a rounders team before an important match.	
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	Create a detailed game plan covering both batting and fielding. Your plan should include: - Batting order - Batting tactics - Running between posts - Fielding positions - Communication - Backing up - Responding to different types of batter - How tactics might change depending on the score Justify at least four of your tactical decisions. Cricket Task 1 – Performance Analysis A batter performs very well in practice but struggles	
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	during competitive matches. Analyse how each of these could affect their performance: Anxiety Concentration Decision-making Confidence Pressure Task 2 – Match Analysis Imagine your cricket team is batting in the final overs of a close match. Explain how the following should influence your tactics: Runs required Balls remaining Wickets remaining Strengths of the batter Strengths of the bowler Field placement	
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	Tennis Task 1 – Analyse a Tennis Performer Choose a professional tennis player. Analyse their performance by identifying: Two technical strengths. One technical weakness or area that could be improved. Two tactical strengths. How their physical fitness supports their playing style. Task 2 – Match Scenario You lose the first set of a tennis match 6–2. Your opponent is dominating long rallies and forcing you into errors.	
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	Explain what tactical changes you could make in the second set. Consider: - Serve placement - Rally length - Shot selection - Court positioning - Changes of pace - Attacking the net - Exploiting weaknesses Softball Task 1 – Performance Analysis A softball player has excellent technical skills but frequently makes mistakes when under pressure. Analyse how performance could be affected by:	
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	Anxiety Concentration Decision-making Communication Confidence Suggest a method of improving each area. Which factor do you believe is the most important and why? Task 2 – Tactical Game Plan You are coaching a softball team for an important competitive match. Produce a tactical plan covering: When batting: Batting order Shot placement Base running Risk taking Communication	
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	When fielding: Fielding positions Covering bases Communicatio n Throwing decisions Responding to different batters	
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