

CANTERBURY SCHOOL

SCHEMES OF WORK

FACULTY: Science

SUBJECT: P.E.

YEAR GROUP: S2

Teaching materials (including textbooks):

Physical Education material i.e. balls (volleyball, basketball, football, etc...), gymnasium equipment (mats), athletics equipment (high jump and standing long jump material).

CONTENTS

Term 1:

Volleyball:

- *Overhead skills*
- Underarm
- Smash
- Introduction of rotation
- Games situation (including rules)

Introduction to fitness:

- Cooper Test
- Course-Navette Test

Term 2:

Introduction to Circuit Training:

- Circuit Training sessions
- Design their own circuit training session

Football:

- Dribbling skills
- Passing skills
- Shooting skills
- Games situation (including rules)

Term 3:

Athletics:

- Short distance running (100m, 400m,)
- Long distance running (800, 1500m)
- High jump
- Standing long jump
- Running techniques

Rounders:

- Throwing
- Catching
- Batting
- Games (including rules)

ASSESSMENT

Termly

Practical in lessons	70 %
Tests	30 %

Global report

1 st term	%
2 nd term	%
3 rd term	%