

Key concepts: Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, Power, Speed, Agility, Reaction Time, Balance and Co-ordination

Physical Education Year 11 Girls

FLP

What FLP club can I attend?

Netball/Hockey

What are the key skills used in netball and hockey?

How do I apply the skills in isolation and in a game situation?

Rugby/HRF

What is the correct technique for passing in rugby? How do I apply it to a game?

Can you identify different HRF techniques and apply them to training?:

FLP

What FLP club can I attend?

Trampolining/Badminton

What are the basic movement patterns and skills in Trampolining? Explain the safety considerations when preparing equipment.

Why is confidence important in badminton and trampolining?

Football/Dance

What skills can I transfer from other sports into football?

How can I develop my football skills during a game situation?

What are the key concepts in dance?

FLP

What FLP club can I attend?

Athletics/Rounders

What are the different athletics events I can perform in?

Why is fielding important in Rounders?

Athletics

How do I improve my time/distance/height in the different events?

What is the correct technique when throwing?

How do I create momentum?

Tennis

What skills are there in tennis?

Why is it important to play a variety of shots?



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Physical Education Year 11 Boys

FLP

What FLP clubs can I do?

Badminton/Handball

What skills are needed in Badminton and Handball?

Are there any transferrable skills?

Why is confidence important in Badminton?

Trampolining/Football

What are the basic movement patterns and skills in Trampolining? Explain the safety considerations when preparing equipment.

How can I develop my football skills during a game situation?

FLP

What FLP clubs can I do?

Athletics

How do I improve my time/distance/height in the different events?

What is the correct technique when throwing?

How do I create momentum?

Rugby/Football

What are the key skills used in netball and hockey?

How do I apply the skills in isolation and in a game situation?

FLP

What FLP clubs can I do?

HRF/Basketball

Can you identify different HRF techniques and apply them to training?

How can I apply a transferable skillset and work on team performances?

Athletics/Cricket

What are the different athletics event I can perform in?

Why is fielding important in cricket?

Hockey/Table Tennis

What are the key concepts and transferable skills from other sports when playing hockey and table tennis?

