The Bemrose School Curriculum



Curriculum Overview: Year 11 PE

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Fitness,	Topic: Fitness,	Topic: Fitness, Leadership,	Topic: Fitness, Leadership,	Topic:	Topic: Athletics
Leadership, Badminton,	Leadership, Badminton,	OAA, Badminton, Rugby,	OAA, Badminton, Rugby,	Cricket/Softball/Rounders	
Rugby, Football, Netball,	Rugby, Football, Netball,	Football, Netball,	Football, Netball,		
Trampolining	Trampolining	Trampolining	Trampolining		
Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning	Links to prior learning
-use and develop a	-use and develop a	-use and develop a variety	-use and develop a variety	-use and develop a	-use and develop a
variety of tactics and	variety of tactics and	of tactics and strategies	of tactics and strategies	variety of tactics and	variety of tactics and
strategies	strategies	-develop their technique	-develop their technique	strategies	strategies
-develop their technique	-develop their technique	and improve their	and improve their	-develop their technique	-develop their technique
and improve their	and improve their	performance	performance	and improve their	and improve their
performance	performance	-developing skills to solve	-developing skills to solve	performance	performance
-developing skills to solve	-developing skills to solve	problems	problems	-developing skills to solve	-developing skills to solve
problems	problems	-evaluate their	-evaluate their	problems	problems
-evaluate their	-evaluate their	performances	performances	-evaluate their	-evaluate their
performances	performances	-take part regularly in	-take part regularly in	performances	performances
-take part regularly in	-take part regularly in	competitive sports and	competitive sports and	-take part regularly in	-take part regularly in
competitive sports and	competitive sports and	activities	activities	competitive sports and	competitive sports and
activities	activities	Stretch and Challenge	Stretch and Challenge	activities	activities
Stretch and Challenge	Stretch and Challenge	Enquiry	Enquiry	Stretch and Challenge	Stretch and Challenge
Enquiry	Enquiry	-How do you test the	-How do you compare to	Enquiry	Enquiry
-How much sleep is	-What are the negative	different components of	normative data for fitness	-What do 'reliability' and	-What are the main
enough?	effects of smoking?	fitness?	tests?	'validity' mean?	training methods?
Equipment Needed		Wider Reading		Family activities	
Red or black T shirt/Polo Shirt		https://www.gov.uk/government/publications/national-curriculum-		Ensure your child is prepared for their PE lessons by having	
 Black Shorts/Tracksuit Bottoms 		in-england-physical-education-programmes-of-study		the correct PE kit	
 Red or black Sweatshirt/Jumper 		hatter the country bloom on the literature has been been been been been been been bee		Encourage your child to take part in PE/Sport extra-curricular	
• Trainers		https://www.bbc.co.uk/bitesize/subjects/zdhs34j		activities at school	
Red or black Football Socks Football Boots and Chinnads				 Provide opportunities for your child to take part in physical activity (exercise or sport) outside of school 	
 Football Boots and Shinpads NO Coats, Zipped Jackets or Hoodies 				Encourage your child to watch sport e.g. on TV	
Please mark your kit with your full name					