

Curriculum Overview: Year 11 PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic: Fitness, Leadership, Badminton, Rugby, Football, Netball, Trampolineing	Topic: Fitness, Leadership, Badminton, Rugby, Football, Netball, Trampolineing	Topic: Fitness, Leadership, OAA, Badminton, Rugby, Football, Netball, Trampolineing	Topic: Fitness, Leadership, OAA, Badminton, Rugby, Football, Netball, Trampolineing	Topic: Cricket/Softball/Rounders	Topic: Athletics
Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -How much sleep is enough?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What are the negative effects of smoking?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -How do you test the different components of fitness?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -How do you compare to normative data for fitness tests?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What do 'reliability' and 'validity' mean?	Links to prior learning -use and develop a variety of tactics and strategies -develop their technique and improve their performance -developing skills to solve problems -evaluate their performances -take part regularly in competitive sports and activities Stretch and Challenge Enquiry -What are the main training methods?
Equipment Needed		Wider Reading		Family activities	
<ul style="list-style-type: none"> Red or black T shirt/Polo Shirt Black Shorts/Tracksuit Bottoms Red or black Sweatshirt/Jumper Trainers Red or black Football Socks Football Boots and Shinpads NO Coats, Zipped Jackets or Hoodies Please mark your kit with your full name 		https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study https://www.bbc.co.uk/bitesize/subjects/zdhs34j		<ul style="list-style-type: none"> Ensure your child is prepared for their PE lessons by having the correct PE kit Encourage your child to take part in PE/Sport extra-curricular activities at school Provide opportunities for your child to take part in physical activity (exercise or sport) outside of school Encourage your child to watch sport e.g. on TV 	