



Year 11 Curriculum Grid

Core PE



Year/Term	Unit	Intent
Overall		<p>To deliver lessons that cover a variety of sports to cater for all student interests.</p> <ul style="list-style-type: none">• Lessons delivered at different times of the year based on seasonal weather/space/teams.• The priority is to keep students active and engaged.• Opportunities for leadership during warm-up and game related activities (strategies and tactics).• To extend and develop the same skills learned in Y7/8/9/10 PE.• Implement and refine core skills as a team and as individuals.• Develop more advanced skills and apply in game situations.• Plan strategies and implement them in competitive games.• Prepare mini tournaments and compete in them.• Officiate and coach in small groups.• Some lessons will be adapted depending on weather, space, and staffing.
Autumn	Games and Individual Activities	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none">• Association Football• Netball• Students will cover the following:<ul style="list-style-type: none">• Game play.• Passing and possession.• Beating a player/dribbling/dodging/1 v 1/2v2/3v2/5v5.• Attacking strategies/shooting.• Defending strategies/tackling/marketing.• Badminton – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.• Aerobics - Replicate individual technique, exercise to music, linking exercise to healthy lifestyles, lifelong participation and designing routines.• Fitness – methods of training, principles of training, designing a fitness programme.
Spring	Games and Individual Activities	<ul style="list-style-type: none">• To experience game play as part of an Interform competition (Girls – Netball/Basketball, Boys – Association Football/Basketball).• Rugby• Students will cover the following:



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		<ul style="list-style-type: none">• Game play.• Passing and possession.• Beating a player/dummy/dodging/1 v 1/2v2/3v2/5v5.• Attacking strategies/shooting.• Defending strategies/tackling/marking.• Badminton – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.• Fitness – methods of training, principles of training, designing a fitness programme.
Summer	Summer Games and Athletics	<p>To learn and develop skills in the following sports:</p> <ul style="list-style-type: none">• Tennis – rules and game play, service, and basic shot selection, attacking strategies, defensive strategies.• Rounders – fielding, bowling, batting, gameplay.• Softball – fielding, bowling, batting, gameplay.• Athletics – running (short and long distance), throwing, jumping.• To experience game play as part of an Interform competition (Girls – Rounders, Boys – Softball).