

Year 11 Physical Education Curriculum

Skill Development	Analysis of performance	Tactics and strategies	Healthy, active lifestyles	Anatomy and Physiology
Engage in competitive sports and activities. Develop technique & improve performance. Broad range of physical activities.	Analyse (KS3) and evaluate (KS4) performances.	Use a range of tactics and strategies.	Lead healthy, active lifestyles.	



<p>In Year 11 students will consolidate their skills into an activity pathway to enhance their love for sport and prepare them for lifelong activity.</p> <p>Games performance and fitness</p> <p style="color: red;">Aesthetics performance and fitness</p> <p>Fitness</p> <p>Alternative activities and fitness</p>	<p>Students will justify how performance can be improved through specific practices.</p> <p style="color: green;">Use basic and advanced terminology confidently and consistently across a range of activities</p>	<p>Students will use their knowledge to specialise in official roles within a chosen activity.</p> <p style="color: blue;">Students will be able to justify the selection and use of advanced tactics in sporting activities to enable students to outwit opponents, perform aesthetically or problem solve.</p>	<p>Identify how activity promotes a healthy, balanced lifestyle</p> <p style="color: green;">Compare the requirements of fitness in different activities.</p> <p style="color: grey;">Each term all students will have the opportunity to participate in a range of extra-curricular activities.</p>	<p>Link the movements that take place at the knee and elbow to various sports performance.</p>
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Activity rotations: Students will opt into an activity pathway for core PE lessons in Year 11. Students will follow one of the following pathways to allow the curriculum to be taught throughout practical experiences.

Games 1 (Netball, Football, Handball, Rounders, Basketball, Table Tennis, Fitness)

Games 2 (Football, Rugby, Basketball, Table Tennis, Cricket, Fitness)

Fitness (Fitness suite, Military fitness, Fitness classes, Circuits, Couch to 5k, Fitness suite 2nd block)

Aesthetics (Dance, Gymnastics, Yoga / pilates, Cheerleading, Zumba / aerobics, Fitness)

Alternative activities (OAA, Ultimate frisbee, Danish Longball, Short tennis, Boccia, Polybat, Fitness)