

Physical Education – Year 11 Core Curriculum

The focus of Year 11 Core PE is on continuing to develop leadership skills and promoting a healthy lifestyle.

During the year students select from a range of activities, usually pursuing each one for 6 weeks apart from Term 1 where the teacher chooses.

Content (Intent)	Links to prior learning	Skills and Assessment (Implementation)	Expected Learning Outcomes (Impact)
<p>Term 1 Outside activities selected by teacher from:</p> <ul style="list-style-type: none"> • Netball • Lacrosse • Football • Rugby <p>Term 2-6 Activities selected by pupils from a choice of:</p> <ul style="list-style-type: none"> • Games Activities - basketball, badminton, volleyball, kingball, dodgeball, rounders, tennis • Fitness activities –multigym, yoga, fitness training, HIIT sessions. • Trampolining • Dance 	<p>Students develop skills learnt in KS3 and 4.</p> <p>Continue to develop on leadership skills developed in Year 10.</p>	<p>Skills:</p> <ul style="list-style-type: none"> • Knowledge of how physical activity can help to maintain and improve fitness. • Understanding of how physical activity can aid mental health and be a form of stress relief from GCSE pressure. • Development of teamwork, cooperation and leadership. • Enjoyment of participating in physical activity. 	<ul style="list-style-type: none"> • Students will participate in an hour of physical activity each week, developing their physical fitness. • Supporting their mental health and through the pressures of their GCSE studies. • Those students choosing fitness activities should also learn about improving their fitness through activities they can continue outside of school. • Outside activities are chosen by teachers in Term 1 to get pupils out of a classroom environment and to have some fresh air.

Resources and/or activities to support learning

Extracurricular clubs are provided in all of the above activities across the year and the timetable is displayed on noticeboards as the school website.

Sports Captains and Prefects support with coaching at extracurricular clubs.

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Links with local sports clubs – posters are displayed on noticeboards.