

Physical Education Year 11 Curriculum Overview



Year 11 Overview

Students take more of an active role in the delivery of all aspects of PE lessons and are encouraged to contribute towards each of the criteria as a performer, official, leader and volunteer/event organisers. They perform in a variety of sports which will run on an option basis. This is to ensure that students are engaged in their performance in sport as they begin to form choices of their preferred choices. We aim to foster confidence by embedding skills and knowledge of performing, officiating, and organising tournaments and competitions in these sports, so they will go on to participate in sport when they leave school.

Students will choose sports from categories so they are still accessing a range of sports in their curriculum. These will be invasion 1 and invasion 2, net games, fitness, fun and will finish in some interform competitions based on sports day activities before they leave school.

Students are also taught to value the well-being benefits of participating in physical activity regularly, especially during the demanding time of mock and final exams. Fun aspects will be covered to ensure that students realise the positive effect physical activity can have on you, including sports such as dodgeball, benchball and fun sports day style sessions as they begin their final exams. Students should leave the school feeling confident in their ability to participate in leisure or organised sport and further their involvement as a way to stay fit and healthy throughout their adult life.

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Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
<p style="text-align: center;">1-6 (Autumn 1)</p>	<p>Invasion 1: football, netball,, basketball</p> <p>Cross country</p>	<p>In this unit students will use a variety of effective tactics and strategies within game situations to outwit their opponent. Students will need to utilise their understanding of rules within games to develop effective ways to beat their opponent, as well as to umpire a competitive game. Key skills which students will be required to demonstrate using the correct technique include: passing, catching or receiving, creating and denying space, scoring/shooting, dribbling/footwork, applying tactics and strategies.</p> <p>Students will complete a cross-country course so they experience working the body at a low to moderate intensity, as well as an element of competition against their peers.</p>	<p>No assessed units – constant individual feedback given to still help students improve their knowledge, understanding and performance.</p>
<p style="text-align: center;">7-13 (Autumn 2)</p>	<p>Net games: Badminton, volleyball, pickle ball</p>	<p>In this unit students will use a variety of effective tactics and strategies within game situations to outwit their opponent. Students will need to utilise their sound understanding of rules within games to develop effective ways to beat their opponent over a net, as well as to umpire a match. Key skills which students will be required to demonstrate using the correct technique include: serving, smash, defensive shots, attacking shots, movement and footwork. Students will need to demonstrate use of each key skill using the appropriate amount of power and disguise to successfully outwit their opponent. Students will also need to demonstrate their ability to differentiate the angles of play when performing a shot during game situations.</p> <p>Volleyball – as this is a new introduction students will build on movement and co-ordination to be able to play the basic shots and serves, to be able to play a competitive game. This will progress from 3-2 bounce to 1 and then aim for applying the normal rules of volleyball.</p>	<p>No assessed units – constant individual feedback given to still help students improve their knowledge, understanding and performance.</p>
<p style="text-align: center;">14-18 (Spring 1)</p>	<p>Fitness: weight/circuit</p>	<p>In this unit students will utilise their knowledge and experience of skills developed over the course of KS3 & KS4 within competitive situations. Students will need to</p>	<p>No assessed units – constant individual feedback</p>

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	training, aerobics, parkour	<p>apply their knowledge of rules and positional play in order to outwit their opponents effectively.</p> <p>Students require a sound understanding of rules applied to game situations, as well as key tactics and strategies to use to be successful.</p> <p>Key skills which students will be required to demonstrate using the correct technique include: passing, dribbling, set shot and lay-up, as well as an effective use of attacking and defensive tactics such as half-court press and full court press.</p> <p>Parkour: As this is a new sport for this year group, students will cover the same content as KS3, but they will progress through quicker due to their elevated control, co-ordination and strength.</p>	given to still help students improve their knowledge, understanding and performance.
19-24 (Spring 2)	Fun: frisbee, just dance, dodgeball	Students will apply all the skills they have gained in fun games, as well as transferring of skills from established sports. They will experience how positive sport can be with some friendly, stress-relieving sports at this intense time of their school life.	No assessed units – constant individual feedback given to still help students improve their knowledge, understanding and performance.
25-30 (Summer 1)	<p>Invasion 2: handball, Damlin ball, Aussie rules</p> <p>Sports Day activities</p>	<p>In this unit students will use a variety of effective tactics and strategies within game situations to outwit their opponent. Students will need to utilise their understanding of rules within games to develop effective ways to beat their opponent, as well as to umpire a competitive game. Key skills which students will be required to demonstrate using the correct technique include: passing, catching or receiving, creating and denying space, scoring/shooting, dribbling/footwork, applying tactics and strategies.</p> <p>Students will compete in the fun-orientated sports activities that we use on sports day. This will include obstacle races, fun events, tug of war etc. This will be their last opportunity as a year group to work together and have fun applying all the skills they have learned throughout their time at Primet.</p>	No assessed units – constant individual feedback given to still help students improve their knowledge, understanding and performance.