

Physical Education Curriculum Overview– Year 11

In Year 11 students will consolidate their skills into an activity pathway to enhance their love for sport and prepare them for lifelong activity. Students continue to build upon knowledge of analysis of performance, tactics and strategies, healthy, active lifestyles and anatomy and physiology.

	Analysis of Performance		Tactics and Strategies		Healthy, active lifestyles		Anatomy and Physiology	
Knowledge & Skills	Justify how performance can be improved through specific practices. Use basic and advanced terminology confidently and consistently across a range of activities.		Students will use their knowledge to specialise in official roles within a chosen activity. Students will justify the use of appropriate tactics in each activity to outwit opponents, perform aesthetically or problem solve.		Students will be able to: <ul style="list-style-type: none"> Identify how activity promotes a healthy, balanced lifestyle Compare the requirements of fitness in different activities 		Students will be able to identify movements which take place at the knee and elbow in specific sporting movements.	
	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> Justify why that practice would improve performance Uses basic and advanced sport specific terminology confidently and consistently across all activities </div>		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> Perform as an official in a chosen activity Select and use appropriate tactics, justifying why they have chosen that tactic </div>		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> Describe the impact activity has on a healthy, balanced lifestyle Describe the different need for different components of fitness in different activities </div>		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> Give examples of the movements in different activities </div>	
Sport Specific skills	Games	Football	Netball or Rugby	Basketball	Table tennis	Fitness suite	Cricket Or Rounders	
	Fitness	Fitness suite	Military fitness	Circuits	Couch to 5K	Fitness Classes	2 nd Fitness suite block	
	Aesthetics	Dance	Gymnastics	Pilates	Yoga	Cheerleading	Zumba / aerobics	
	Alternative	Orienteering	Ultimate Frisbee	Danish longball	Short tennis	Polybat	Fitness suite	

See next page for "Beyond The Curriculum"

Beyond The Curriculum

Suggested Places to visit

- Headingley stadium, Leeds
- Sheffield's English Institute of sport
- Old Trafford stadium, Manchester
- National Football museum, Manchester
- British Sports museum

Websites to explore

- www.thefa.com
- www.rugby-league.com
- www.britishathletics.org.uk
- www.ecb.co.uk
- www.roundersengland.co.uk
- www.britishorienteeing.org.uk
- www.ballet.org.uk
- www.englandnetball.co.uk
- www.tabletennisengland.co.uk
- www.skysports.com
- www.bbc.co.uk/sport

Enrichment clubs

- Football
- Rugby
- Athletics
- Rounders
- Cricket
- Table tennis
- Fitness
- Netball

Competitions and school trips

- Calderdale competitions (varied sports)
- West Yorkshire competitions (varied sports)
- English schools competitions (through qualification)
- Trips to watch professional fixtures