



YEAR 11 CURRICULUM MAP

Physical Literacy, Health, Wellbeing, Development

<p>HALF TERM 1:</p> <p>Key Objectives for Year 11 Core PE (5 activities, 5 themes for 5 Half terms)</p> <ul style="list-style-type: none"> • Lead Healthy and active lives. • Engagement / Participation- Carousel of activities with some rotation each HT. • Applying skills into modified and full sided games • Competitive element • Enjoyment <p><u>Lesson context and narrative will have a specific theme each half term</u></p> <ul style="list-style-type: none"> • Lifelong Participation in sport/ Personal Development (HT1) • Benefits Of exercise (HT2) • Sports Leadership/ Sport into adulthood (HT3) • Health and Fitness (HT4) • Mental Health and wellbeing (HT5) <ul style="list-style-type: none"> • Students will be assessed by what we see and what we hear. <p>Focus for Half term - Lifelong participation in sport/Personal Development</p> <ul style="list-style-type: none"> • Introduction and Induction to PE in Year 11. PP on year 11 objectives and Core PE structure for this year (Learning Journey Road Map to be shared with students). • Based on the needs of the individual. Students will have the opportunity to sign up to curriculum activities prior to the lessons (Students select curriculum areas on sheets in the canteen) • This half term will focus on encouraging students to avoid being sedentary for prolonged periods of time. Studies have shown that only 25% of students are meeting these guidelines nationally. • Sign posting sports clubs locally- Encourage students to continue to take part in sport outside of school. • Lesson context- WGI/ Questioning on PD in PE, in School and in Life. <p>Activities for HT</p> <ul style="list-style-type: none"> • Dodgeball • Basketball • Football (Football Academy link – 6th form recruitment) • Netball • Fitness Suite 	<p>Key Methods of Delivery</p> <hr/> <p>Suggested Activities/ Tasks</p> <hr/> <p>Class Discussion</p> <hr/> <p>CC Links</p>
<p>HALF TERM 2:</p> <p>Focus for Half term – Benefits of Exercise</p> <ul style="list-style-type: none"> • Understand Exercise intensity/ Borg scale/ Max HR/ SV/VO2 max 	<p>Key Methods of Delivery</p>



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<ul style="list-style-type: none"> • Short- and Long-term changes of the skeletal and muscular systems • Taking part in exercise to promote a healthy and active lifestyle. • Lesson context- WGI/ Questioning- Benefits of exercise- short, long-term effects, social, psychological. <p>Activities for HT</p> <ul style="list-style-type: none"> • Table tennis • Football (Football Academy link – 6th form recruitment) • Basketball • Fitness Suite • Volleyball 	<p></p> <p><u>Suggested Activities/ Tasks</u></p> <p></p> <p><u>Class Discussion</u></p> <p></p> <p><u>CC Links</u></p>
<p>HALF TERM 3:</p> <p>Focus for Half term – Sports Leadership and Sport into adulthood</p> <ul style="list-style-type: none"> • Link to Year 11 BTEC Sport- Component 3 (Time used to deliver sessions and record and review) • Skills and qualities of Sports leaders (Link to Component 3) BTEC Sport students to help cascade knowledge. • Organising, coaching, leading, officiating, Scoring, performance match analysis, record and review, sorting equipment and developing small tournaments. • Sign posting sports clubs locally, so students have opportunities to continue to take part regularly in competitive sports and activities outside school through community links. • Lesson context- WGI/ Questioning- Skills and qualities of successful sports leadership and the different roles in sport. <p>Activities for HT</p> <ul style="list-style-type: none"> • Fitness Suite • Football • Dodgeball • Team Challenge (RSE) • Volleyball/ Trampolining 	<p><u>Key Methods of Delivery</u></p> <p></p> <p><u>Suggested Activities/ Tasks</u></p> <p></p> <p><u>Class Discussion</u></p> <p></p>



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<p>HALF TERM 4:</p> <p><u>Focus for half term – Health and Fitness</u></p> <ul style="list-style-type: none"> Evidence shows a direct relationship between health, diet and physical activity. Improving fitness to aid performance- Links to sport specific fitness/ COF/ Training methods/ Overload and Progression Improving fitness to aid health- Hydration/ Nutrition- Eat well plate. BMI, tackle obesity, everyday fitness for everyday tasks. Setting personal goals/ SMARTER targets/ Principles of training. Student voice for activities in Half term 5 for Mental health and wellbeing. Lesson context- WGI- Questioning- Improving fitness to aid performance/ Improving fitness to aid health. <p>Activities for HT</p> <ul style="list-style-type: none"> Football Basketball Yoga/ Dance Volleyball Fitness Suite 	<p><u>CC Links</u></p> <p><u>Key Methods of Delivery</u></p> <p><u>Suggested Activities/ Tasks</u></p> <p><u>Class Discussion</u></p> <p><u>CC Links</u></p>
<p>HALF TERM 5:</p> <p><u>Focus for half term – Mental health and wellbeing</u></p> <ul style="list-style-type: none"> Benefits of exercise/ psychological benefits recap- Consolidate knowledge and understanding Definitions of mental health and wellbeing and how this is applied IN PE, IN SCHOOL and IN LIFE. Student voice for 5 sports- chosen by the students. 	<p><u>Key Methods of Delivery</u></p>



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<ul style="list-style-type: none">• Lesson context- WGI- Questioning- Showing a positive attitude/ growth mindset towards activities. Displaying good personal development qualities- Link to in pe, in school and in life. <p>Activities for HT</p> <ul style="list-style-type: none">• Rounders• Football• Tennis• Boxercise - external coach comes in (PE budget)• Basketball• Volleyball	<p><u>Suggested Activities/ Tasks</u></p>
	<p><u>Class Discussion</u></p>
	<p><u>CC Links</u></p>