

Academic Overview 2018-19 – Year 11

Physical Education						
	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.1
Year 7	Induction to Physical Education	Rugby Netball Hockey Fitness	Dance Badminton Fitness Orienteering	Badminton Dance Football Orienteering	Athletics	Tennis Rounders Cricket
Year 8	Badminton Rugby Netball Dance Hockey	Hockey Table Tennis Orienteering Basketball Gymnastics	Orienteering Basketball Gymnastics Fitness Badminton	Gymnastics Fitness Badminton Hockey Orienteering	Athletics	Tennis Rounders Cricket
Year 9	Badminton Netball Football Rugby Hockey	Hockey Football Fitness Volleyball Badminton	Basketball Hockey Table Tennis Badminton Dodgeball Fitness	Fitness Table Tennis Basketball Fitness Dodgeball Football Badminton	Athletics	Cricket Softball Tennis Rounders
Year 10	Rugby Badminton Hockey Netball	Football Table Tennis Badminton Fitness Football Hockey	Badminton Fitness Dodgeball Hockey	Fitness Dodgeball Football Badminton	Athletics	Cricket Rounders Softball Tennis
Year 11	Football Volleyball Table Tennis Dodgeball	Badminton Fitness Football Table Tennis	Fitness Handball Hockey	Softball Fitness Badminton	Rounders Tennis Cricket	

Sports & activities are not repeated by students within the same year. Availability of facilities dictate students cover the same activities in a different order across the year, hence the repetition of activities each half-term.

Year 11 Curriculum Content Overview 2018-19

Physical Education – Year 10				
Knowledge and Skills Students will be taught to....	Reading, Oracy, Literacy and Numeracy	Formative Assessment	Summative Assessment	Link to reformed GCSE Content
<ul style="list-style-type: none"> Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. Apply their own strategies to overcoming opponents in team and individual games. Be confident in their own ability to assume various roles in sport, such as officiating and coaching. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. Work as part of a team to create tactics. State strengths and areas for development for themselves and others, giving feedback and guidance to peers on how to improve in a plethora of sporting activities. Appreciate the importance of exercising for enjoyment. Take part in recreational sporting opportunities to develop a lifelong love of physical activity. develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities lead healthy, active lives. 	<p>Reading</p> <ul style="list-style-type: none"> Key words presented within lessons GCSE assessment criteria on task sheets Fitness programmes cards and information. <p>Numeracy</p> <ul style="list-style-type: none"> Measurement (Athletics) Timing (Athletics) Angles (when passing) Mass & distance (when using fitness machines) <p>Oracy and Literacy (including key words for practical subjects)</p> <ul style="list-style-type: none"> Key words Student discussion Student presentation of thoughts and ideas Group and team 	<p>Questioning in lessons</p> <p>Live student performance in lessons followed by questions</p> <p>Observation of student performance</p> <p>Whole class feedback during lessons</p> <p>Low-stakes quizzing</p> <p>Exit Strategies</p>	<p>No summative assessment in Y9-11.</p>	<p>Skills element of the GCSE PE practical performance criteria.</p> <p>Applying skills to competitive situations.</p> <p>Defining key components of fitness and can related to a variety of sporting examples.</p> <p>Basic injuries obtained through sport.</p> <p>The importance of the cardiovascular system whilst exercising.</p> <p>Understand the relation between the respiratory and cardiovascular system.</p>

Assessment Skills, Knowledge and Concepts Map

Physical Education – Year 11	
<p>Key Learning Questions</p> <ul style="list-style-type: none"> • How will possession allow you to be successful? • How can you apply the rules of a game tactically? • How can you apply tactics when in a variety of positions? • Why is it important to follow a set formation? • How does engaging in games based activities promote a love of sport? 	<p>Overcoming Opponents in Games</p> <ul style="list-style-type: none"> • Apply core skills, techniques and decisions in a competitive situation, understanding how to use skills to outwit opponents. • Use my understanding of the sport to apply tactics to a game, ensuring the team follow these set tactics effectively. • Develop a lifelong love of participation in sport through the involvement in a variety of games based activities. • Show understanding of players strengths in your team and play to these strengths to outwit opponents. • Know when tactics should be applied at varying points within a game like situation. • Lead individual warm up routines with accuracy as instructed, understanding the importance of warming up muscles effectively.
<p>Key Learning Questions</p> <ul style="list-style-type: none"> • Can you identify components of fitness which you personally aspire to improve? • Why is it important to always lead a healthy, active lifestyle? • How can you further this into your everyday lifestyle? 	<p>Develop Technique and Performance in Non-games activities</p> <ul style="list-style-type: none"> • Explain why exercise technique is important and describe how these correlate to injury. • Describe how and why the body changes during exercise. • Explain how exercise is beneficial to preventing obesity and the diseases related to this. • Describe ways in which you can become more physically active in your own lifestyle.
<p>Key Learning Questions</p> <ul style="list-style-type: none"> • How can effective evaluation help improve performance? • How do I identify a person's strengths and areas for development? • How can I improve my own or another's performance? • How can i use perfect model examples when analysing my own and others performances? 	<p>Analyse Performance</p> <ul style="list-style-type: none"> • Explain how you can improve your own performance through analysis using feedback and guidance from others. • Participate in peer evaluation to allow others guidance on their own performance.

<p>Reading</p> <ul style="list-style-type: none"> • Lesson objectives • Key words presented within lessons • GCSE assessment criteria on task sheets • Fitness programmes cards and information. • Reading key task cards • Reading key warm up cards
<p>Oracy and Literacy</p> <p>Literacy: Language for Learning – movement, accuracy, fluency, control, precision, evaluation, aesthetic appreciation</p> <p>Oracy: Student discussion & feedback. Student responses to questioning. Student to student discussion on evaluation of performance.</p>
<p>Numeracy</p> <ul style="list-style-type: none"> • Measuring distances when jumping and throwing • Timing during athletics • Calculating heart rate



Physical Education – Year 11		
Hockey	Badminton	Football
<ol style="list-style-type: none"> Understand how to effectively keep possession of the ball in a competitive environment. Work collaboratively as a team to demonstrate communication and sportsmanship. Show sound understanding of rules in a full size game. Appreciate the physical demands of hockey and consider how different positions require different fitness levels. 	<ol style="list-style-type: none"> To effectively keep score of a game, whilst both playing and spectating. Appreciate the physical demands and components of fitness required for badminton. To play competitively in both doubles and singles. To develop a lifelong love of physical activity. 	<ol style="list-style-type: none"> Keep possession in equal competitive situations. Combine shooting and dribbling skills into one fluent passage of play. Shoot first time from crosses and moving balls. Apply a full range of complex skills into game situations. Effectively officiate full competitive game situations.
Volleyball	Handball	Dodgeball
<ol style="list-style-type: none"> Perform a range of different feeds to a partner. Demonstrate an overhead volley and a dig from around the court. Work in a four to develop the “three pass and over” play, attempting to spike the ball over the net. Attempt to block in a competitive situation. Perform a basic a jump overarm serve. Play volleyball in a conditioned situation using the rotational serve system in a four/six. 	<ol style="list-style-type: none"> Development of positional responsibilities & the importance of fulfilling roles/positional requirements Development of dive & pinning shooting. Be able to adapt tactics to suit the situation faced through scenario based activities & games Apply rules learnt to a competitive game Be able to apply the scoring system to a range of games and situations. 	<ol style="list-style-type: none"> Can effectively apply power and accuracy to a throw in a competitive game. Can use techniques such as wall blocking to apply tactics to a game. Can be tactical when dodging and shows understanding of when to attempt a catch. To apply all rules within a competitive situation.
Fitness	Table Tennis	Cricket
<ol style="list-style-type: none"> Follow a training programme designed to improve a specific aspect of fitness selected by student. Understand how to exercise to improve cardiovascular endurance, and how this leads to lifelong fitness. Appreciate the link between mental and physical health through regular exercise. Participate in group exercise challenges to further own personal fitness levels. 	<ol style="list-style-type: none"> Explain the importance of disguise to shots. Be able to adapt tactics to suit the situation faced through scenario based activities & games Apply rules learnt to a competitive game Be able to apply the scoring system to a range of games and situations. 	<ol style="list-style-type: none"> Performing diving catches from close range. Use a range of fielding techniques to quickly intercept and release the ball accurately in games situations. Use a range of bowling techniques within game situations dependent upon the strengths of the batsman. Independently officiate small-sided games using full rules.
Softball	Rounders	Tennis
<ol style="list-style-type: none"> Apply all rules of softball without prompting. Examine advanced techniques required to be successful in specific fielding positions. Develop off-side hit so as to be able to hit the ball between 1st and 2nd base. Develop bowling technique so as to be able to change pace of delivery and impart spin on ball. Develop understanding of double and triple plays Be able to change tactics within game dependent on strengths and weaknesses of opponents. 	<ol style="list-style-type: none"> To apply rules to a game and take ownership of scoring and umpiring by officiating. To understand why it is important to disguise a shot and how to use this in a game. To set a field tactically and show this understanding during a competitive situation. Develop power and precision in both batting and fielding roles in a game. 	<ol style="list-style-type: none"> Explain the importance of disguise to shots. Be able to adapt tactics to suit the situation faced through scenario based activities & games Apply rules learnt to a competitive game Be able to apply the scoring system to a range of games and situations.