

Year 11 PE - Core (2 sides max)

In the Y11 programme of study learning continues to build through a spiral curriculum using a range of activities on a rotation (based around facilities). Students continue to develop their knowledge from previous years and acquire new knowledge, including leadership and officiating skills. There is an increasing demand for students to determine the direction of their learning in each activity and build confidence and knowledge to be able to continue a healthy active lifestyle into their next phase of life.

Methods of deepening and securing knowledge: (these will be amended if not all aspects are covered – there is no expectation they will be)	
Retrieval practice	Regular retrieval tasks are used in lessons to support students in recalling key information such as rules and tier 3 words from previous lessons.
Spaced practice	Some retrieval tasks are spaced over time to support students in recognising links/key learning from earlier years and activities.
Dual coding	Dual coding techniques used for some activities to help students remember key moves (e.g. aerobic steps, yoga poses) and signals (e.g. officiating signals in games).

Activity	Year 11	Assessment	Knowledge organiser	CEIAG (where appropriate to link to)
Football	<ul style="list-style-type: none"> - Zonal marking as a team - Free kick routines (attacking & defending) - Corner routines (attacking & defending) - GK skills (taking ball at opponent's feet & punching) - Rules e.g. direct & indirect free kicks, handball 	<ul style="list-style-type: none"> - 11v11 full-sided games - Coaching & officiating - Sport Education: Team management to improve team performance over a season - Local opportunities to develop football performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 	
Handball	<ul style="list-style-type: none"> - Passing & catching variety - Team blocking - Shooting tactics & set plays - GK skills (avoiding rebounds & starting attacks) - 6v6/7v7 games on full court 	<ul style="list-style-type: none"> - Coaching & officiating - Sport Education: Team management to improve team performance over a season - Local opportunities to develop handball performance 		

Hockey	<ul style="list-style-type: none"> - Lifted/3D shooting - Penalty corner routines (attacking & defending) - Other set piece routines (hit outs, free hit outside the D) - Zonal marking as a team ('the press') - GK skills (diving, narrowing shot angle)* 	<ul style="list-style-type: none"> - Rules e.g. offside, fouls on GK-11v11 full-sided games - Coaching & umpiring - Sport Education: Team management to improve team performance over a season - Local opportunities to develop hockey performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		
Netball	<ul style="list-style-type: none"> - Attacking play in the circle - Blocking - Defending the circle - Rebounding (attacking & defending) - Zonal marking as a team 	<ul style="list-style-type: none"> - Rules e.g. contact or contest - Coaching & umpiring - Sport Education: Team management to improve team performance over a season - Local opportunities to develop netball performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		
Rugby	<ul style="list-style-type: none"> - Advanced attacking & defending tactics - Going into/out of rucks/mauls - 8v8 scrum (contested) - Kicking e.g. drop kick, conversions - Line outs (contested) 	<ul style="list-style-type: none"> - Rules e.g. kicking rules, scrum rules - Coaching & officiating - Sport Education: Team management to improve team performance over a season - Local opportunities to develop rugby performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		
Badminton	<ul style="list-style-type: none"> - Backhand clears - Backhand smash - Communication with doubles partner - Exploiting different areas of the court to outwit opponents in doubles 	<ul style="list-style-type: none"> - Application of tactics in full court competitive doubles competitions - Coaching & officiating - Sport Education: Team management to improve team performance over a season - Local opportunities to develop badminton performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		

Volleyball	<ul style="list-style-type: none"> - Volley shot (overhead, reverse) - Roll shot - Spike/smash shot - Using the volley to set up a spike - Rules e.g. ball handling violations, switching positions - Application of tactics in full court 6v6 games 	<ul style="list-style-type: none"> - Coaching & officiating - Sport Education: Team management to improve team performance over a season - Local opportunities to develop volleyball performance 			
Fitness	<p>Current fitness trends & benefits of different types of workout:</p> <ul style="list-style-type: none"> - Cardio vs. strength - HIIT workouts - 7min workouts - Tabata workouts 	<ul style="list-style-type: none"> - Types of resistance training (fixed, free weights, bands) - Effective calorie burning activities - Personal trainer roles & planning fitness training sessions for others - Local opportunities: where to join a gym and/or exercise class 	<ul style="list-style-type: none"> - Effort & performance in training sessions (teacher/peer/self) 		
Gymnastics	<ul style="list-style-type: none"> - Vaults unsupported (squat on, through & straddle) - Other advanced agilities supported/unsupported (handstand flat back, back flip, front somersault) - Advanced vaults (aerial, round-off back handspring) 	<ul style="list-style-type: none"> - Grading criteria & tariffs for vaulting - Coaching & judging - Sport Education: Team management to improve individual & team performance over a competition series - Local opportunities to develop gymnastics performance# 	<ul style="list-style-type: none"> - Solo/team performance using vault (teacher/peer/self) 		
Parkour	<ul style="list-style-type: none"> - Running precision jump (2 foot take-off) - Rolls (dive) - Tic tac (with/without supporting hand) - Vaulting (lazy, turn) 	<ul style="list-style-type: none"> - Cat leap & climb up an obstacle - Combining moves in longer sequences around more challenging courses - Judging competitions 	<ul style="list-style-type: none"> - Solo performance of a parkour sequence using obstacle course (teacher/peer) 		

Athletics	<ul style="list-style-type: none"> - Training in specialist events using advanced techniques & performance analysis - Sport Education: Team management to improve individual & team performances in a competition season. 	<ul style="list-style-type: none"> - Performance in a heptathlon event (7 events: at least 2 runs, 2 jumps & 2 throws plus 1 from any category) 	<ul style="list-style-type: none"> - Solo/team performance in chosen events (teacher/peer/self) 		
Cricket	<ul style="list-style-type: none"> - Batting to maximise run rate - Batting for time to stay in - Deciding batting order - Setting the field for different situations - 11v11 full-sided games 	<ul style="list-style-type: none"> - Coaching & umpiring - Sport Education: Team management to improve team performance over a season - Local opportunities to develop cricket performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		
Rounders	<ul style="list-style-type: none"> - Batting to maximise scoring - Batting to defend/stay in - Covering posts - Setting/adapting the field for different batters - 9v9 full-sided games 	<ul style="list-style-type: none"> - Coaching & umpiring - Sport Education: Team management to improve team performance over a season - Local opportunities to develop rounders performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		
Softball	<ul style="list-style-type: none"> - Pitching (speed, spin) - Batting (rotational, shot placement) - Setting the field to limit scoring - Fielding for double plays - Stealing bases - Batting to stay in or score high 	<ul style="list-style-type: none"> - 9v9 full-sided games (full innings) - Coaching & officiating - Sport Education: Team management to improve team performance over a season - Local opportunities to develop softball performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		

Basketball	<ul style="list-style-type: none"> - Catching on the move & signalling - Passing (javelin, fake) - 1v1 skills - Intercepting & stealing - Rebounding - Marking off & on the ball - Shooting (jump shot, free throw) 	<ul style="list-style-type: none"> - Rules e.g. fouls, free throws, 24secs shot clock, 3secs in the key - Full 5v5 game - Coaching & officiating - Sport Education: Team management to improve team performance over a season - Local opportunities to develop basketball performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		
Tchoukball	<ul style="list-style-type: none"> - Catching on the move - More advanced passing (running pass, dummy pass) - Shooting (square, skim) - Marking the frame & defending shots - Attacking tactics e.g. using the switch 	<ul style="list-style-type: none"> - Rules e.g. 3 shots, shoot at either end - 6v6/7v7 games - Coaching & officiating - Sport Education: Team management to improve team performance over a season - Local opportunities to develop tchoukball performance 	<ul style="list-style-type: none"> - Apply skills, tactics & rules in games (teacher/peer/self) 		
Frisbee	<ul style="list-style-type: none"> - Catching on the move/special catches - Backhand 'roll curve' throw - Basic forehand throw - The hammer throw - The 'pull' (long pass) to start/restart - Use of width & depth in attack - 'The force' defensive tactic 	<ul style="list-style-type: none"> - Rules e.g. start/restart (the 'pull'), changing ends, 10secs - 7v7 games - Coaching - Development of further tactics e.g. cutting & clearing out, the stack & defending the stack - Sport Education: Team management to improve team performance over a season 			
Orienteering	<ul style="list-style-type: none"> - Orientating the map using a compass - Taking & following a compass bearing - Pacing on a course - Aiming off - Catching features 	<ul style="list-style-type: none"> - More challenging short courses (10 points) - Full courses - Designing your own courses & competitions - Evaluating & improving your courses 	<ul style="list-style-type: none"> - Solo/team performance in a range of courses & competitions (teacher) 		

	<ul style="list-style-type: none"> - Memory & photo courses 	<ul style="list-style-type: none"> - Local orienteering opportunities 			
Aerobics	<ul style="list-style-type: none"> - High intensity/impact exercises e.g. jogging, jumping jacks, V-steps, squats, kicks, punches - More advanced choreographed steps e.g. travelling grapevines, step turns, single move sequences - Longer routines (8-16 moves) 	<ul style="list-style-type: none"> - Adapting routines e.g. changing speed, direction & formations - Longer choreographed routines to music - Planning & leading choreographed routines to small groups - Local opportunities: where to access exercise to music classes 	<ul style="list-style-type: none"> - Solo/group performances & leading routines (teacher/peer/self) 		
Boxercise	<ul style="list-style-type: none"> - High intensity/advanced moves e.g. box step with jabs, duck & puch, sit ups with punches - More advanced combinations e.g. jab-jab-cross-hook-uppercut, jab-cross-jab-jab-feint left-left hook-right hook 	<ul style="list-style-type: none"> - More advanced class setup (pair & group drills, complex circuits) - Short boxercise sessions (5-15 minutes) - Planning & leading a boxercise training session to a small group - Local opportunities: where to access boxing classes 	<ul style="list-style-type: none"> - Effort & performance in training sessions (teacher/peer/self) 		
Circuits	<ul style="list-style-type: none"> - More advanced bodyweight exercises e.g. crunches, full dips, inclined press ups, side planks, single leg squats, reverse lunges - Higher resistance exercises e.g. squat press, lunges with lateral raise 	<ul style="list-style-type: none"> - Types of circuit training e.g. boxing circuit, skills circuit - Applying principles of training to increase challenge - Planning & leading a circuit training session to a small group - Local opportunities: where to access circuit training classes 	<ul style="list-style-type: none"> - Effort & performance in training sessions (teacher/peer/self) 		

Yoga	<ul style="list-style-type: none"> - More advanced yoga moves e.g. downward dog with leg raise, big toe, boat, bow, camel, eagle, four-limbed staff, half moon, pigeon, plow - More advanced sequences e.g. sun salutations, standing & seated sequences 	<ul style="list-style-type: none"> - Types of yoga e.g. yin, hatha, vinyasa - Planning & leading yoga routines to small groups - Planning yoga sessions for others - Local opportunities: where to access yoga classes 	<ul style="list-style-type: none"> - Solo/group performances & leading routines (teacher/peer/self) 	
Table Tennis				