



## Year 11 PE - Core

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

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

	<ul style="list-style-type: none"> <li>- Using the volley to set up a spike</li> <li>- Rules e.g. ball handling violations, switching positions</li> <li>- Application of tactics in full court 6v6 games</li> </ul>	<ul style="list-style-type: none"> <li>- Sport Education: Team management to improve team performance over a season</li> <li>- Local opportunities to develop volleyball performance</li> </ul>			
<b>Fitness</b>	<p>Current fitness trends and benefits of different types of workout:</p> <ul style="list-style-type: none"> <li>- Cardio vs. strength</li> <li>- HIIT workouts</li> <li>- 7min workouts</li> <li>- Tabata workouts</li> </ul>	<ul style="list-style-type: none"> <li>- Types of resistance training (fixed, free weights, bands)</li> <li>- Effective high intensity activities</li> <li>- Personal trainer roles and planning fitness training sessions for others</li> <li>- Local opportunities: where to join a gym and/or exercise class</li> </ul>	<ul style="list-style-type: none"> <li>- Effort and performance in training sessions (teacher/peer/self)</li> </ul>		
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>- Vaults unsupported (squat on, through and straddle)</li> <li>- Other advanced agilities supported/unsupported (handstand flat back, back flip, front somersault)</li> <li>- Advanced vaults (aerial, round-off back handspring)</li> </ul>	<ul style="list-style-type: none"> <li>- Grading criteria and tariffs for vaulting</li> <li>- Coaching and judging</li> <li>- Sport Education: Team management to improve individual and team performance over a competition series</li> <li>- Local opportunities to develop gymnastics performance</li> </ul>	<ul style="list-style-type: none"> <li>- Solo/team performance using vault (teacher/peer/self)</li> </ul>		
<b>Parkour</b>	<ul style="list-style-type: none"> <li>- Running precision jump (2 foot take-off)</li> <li>- Rolls (dive)</li> <li>- Tic tac (with/without supporting hand)</li> <li>- Vaulting (lazy, turn)</li> </ul>	<ul style="list-style-type: none"> <li>- Cat leap and climb up an obstacle</li> <li>- Combining moves in longer sequences around more challenging courses</li> <li>- Judging competitions</li> </ul>	<ul style="list-style-type: none"> <li>- Solo performance of a parkour sequence using obstacle course (teacher/peer)</li> </ul>		
<b>Athletics</b>	<ul style="list-style-type: none"> <li>- Training in specialist events using advanced techniques and performance analysis</li> <li>- Sport Education: Team management to improve</li> </ul>	<ul style="list-style-type: none"> <li>- Performance in a heptathlon event (7 events: at least 2 runs, 2 jumps and 2 throws plus 1 from any category)</li> </ul>	<ul style="list-style-type: none"> <li>- Solo/team performance in chosen events (teacher/peer/self)</li> </ul>		

	individual and team performances in a competition season.			
<b>Cricket</b>	<ul style="list-style-type: none"> <li>- Batting to maximise run rate</li> <li>- Batting for time to stay in</li> <li>- Deciding batting order</li> <li>- Setting the field for different situations</li> <li>- 11v11 full-sided games</li> </ul>	<ul style="list-style-type: none"> <li>- Coaching and umpiring</li> <li>- Sport Education: Team management to improve team performance over a season</li> <li>- Local opportunities to develop cricket performance</li> </ul>	- Apply skills, tactics and rules in games (teacher/peer/self)	
<b>Rounders</b>	<ul style="list-style-type: none"> <li>- Batting to maximise scoring</li> <li>- Batting to defend/stay in</li> <li>- Covering posts</li> <li>- Setting/adapting the field for different batters</li> <li>- 9v9 full-sided games</li> </ul>	<ul style="list-style-type: none"> <li>- Coaching and umpiring</li> <li>- Sport Education: Team management to improve team performance over a season</li> <li>- Local opportunities to develop rounders performance</li> </ul>	- Apply skills, tactics and rules in games (teacher/peer/self)	
<b>Softball</b>	<ul style="list-style-type: none"> <li>- Pitching (speed, spin)</li> <li>- Batting (rotational, shot placement)</li> <li>- Setting the field to limit scoring</li> <li>- Fielding for double plays</li> <li>- Stealing bases</li> <li>- Batting to stay in or score high</li> </ul>	<ul style="list-style-type: none"> <li>- 9v9 full-sided games (full innings)</li> <li>- Coaching and officiating</li> <li>- Sport Education: Team management to improve team performance over a season</li> <li>- Local opportunities to develop softball performance</li> </ul>	- Apply skills, tactics and rules in games (teacher/peer/self)	
<b>Basketball</b>	<ul style="list-style-type: none"> <li>- Catching on the move and signalling</li> <li>- Passing (javelin, fake)</li> <li>- 1v1 skills</li> <li>- Intercepting and stealing</li> <li>- Rebounding</li> <li>- Marking off and on the ball</li> <li>- Shooting (jump shot, free throw)</li> </ul>	<ul style="list-style-type: none"> <li>- Rules e.g. fouls, free throws, 24secs shot clock, 3secs in the key</li> <li>- Full 5v5 game</li> <li>- Coaching and officiating</li> <li>- Sport Education: Team management to improve team performance over a season</li> <li>- Local opportunities to develop basketball performance</li> </ul>	- Apply skills, tactics and rules in games (teacher/peer/self)	
<b>Tchoukball</b>	<ul style="list-style-type: none"> <li>- Catching on the move</li> <li>- More advanced passing (running pass, dummy pass)</li> <li>- Shooting (square, skim)</li> </ul>	<ul style="list-style-type: none"> <li>- Rules e.g. 3 shots, shoot at either end</li> <li>- 6v6/7v7 games</li> <li>- Coaching and officiating</li> </ul>	- Apply skills, tactics and rules in games (teacher/peer/self)	

	<ul style="list-style-type: none"> <li>- Marking the frame and defending shots</li> <li>- Attacking tactics e.g. using the switch</li> </ul>	<ul style="list-style-type: none"> <li>- Sport Education: Team management to improve team performance over a season</li> <li>- Local opportunities to develop tchoukball performance</li> </ul>			
<b>Frisbee</b>	<ul style="list-style-type: none"> <li>- Catching on the move/special catches</li> <li>- Backhand 'roll curve' throw</li> <li>- Basic forehand throw</li> <li>- The hammer throw</li> <li>- The 'pull' (long pass) to start/restart</li> <li>- Use of width and depth in attack</li> <li>- 'The force' defensive tactic</li> </ul>	<ul style="list-style-type: none"> <li>- Rules e.g. start/restart (the 'pull'), changing ends, 10secs</li> <li>- 7v7 games</li> <li>- Coaching</li> <li>- Development of further tactics e.g. cutting and clearing out, the stack and defending the stack</li> <li>- Sport Education: Team management to improve team performance over a season</li> </ul>			
<b>Orienteering</b>	<ul style="list-style-type: none"> <li>- Orientating the map using a compass</li> <li>- Taking and following a compass bearing</li> <li>- Pacing on a course</li> <li>- Aiming off</li> <li>- Catching features</li> <li>- Memory and photo courses</li> </ul>	<ul style="list-style-type: none"> <li>- More challenging short courses (10 points)</li> <li>- Full courses</li> <li>- Designing your own courses and competitions</li> <li>- Evaluating and improving your courses</li> <li>- Local orienteering opportunities</li> </ul>	<ul style="list-style-type: none"> <li>- Solo/team performance in a range of courses and competitions (teacher)</li> </ul>		
<b>Aerobics</b>	<ul style="list-style-type: none"> <li>- High intensity/impact exercises e.g. jogging, jumping jacks, V-steps, squats, kicks, punches</li> <li>- More advanced choreographed steps e.g. travelling grapevines, step turns, single move sequences</li> <li>- Longer routines (8-16 moves)</li> </ul>	<ul style="list-style-type: none"> <li>- Adapting routines e.g. changing speed, direction and formations</li> <li>- Longer choreographed routines to music</li> <li>- Planning and leading choreographed routines to small groups</li> <li>- Local opportunities: where to access exercise to music classes</li> </ul>	<ul style="list-style-type: none"> <li>- Solo/group performances and leading routines (teacher/peer/self)</li> </ul>		
<b>Boxercise</b>	<ul style="list-style-type: none"> <li>- High intensity/advanced moves e.g. box step with jabs, duck and puch, sit ups with punches</li> </ul>	<ul style="list-style-type: none"> <li>- More advanced class setup (pair and group drills, complex circuits)</li> </ul>	<ul style="list-style-type: none"> <li>- Effort and performance in training</li> </ul>		

	<ul style="list-style-type: none"> <li>- More advanced combinations e.g. jab-jab-cross-hook-uppercut, jab-cross-jab-jab-feint left-left hook-right hook</li> </ul>	<ul style="list-style-type: none"> <li>- Short boxercise sessions (5-15 minutes)</li> <li>- Planning and leading a boxercise training session to a small group</li> <li>- Local opportunities: where to access boxing classes</li> </ul>	<ul style="list-style-type: none"> <li>sessions (teacher/peer/self)</li> </ul>		
<b>Circuits</b>	<ul style="list-style-type: none"> <li>- More advanced bodyweight exercises e.g. crunches, full dips, inclined press ups, side planks, single leg squats, reverse lunges</li> <li>- Higher resistance exercises e.g. squat press, lunges with lateral raise</li> </ul>	<ul style="list-style-type: none"> <li>- Types of circuit training e.g. boxing circuit, skills circuit</li> <li>- Applying principles of training to increase challenge</li> <li>- Planning and leading a circuit training session to a small group</li> <li>- Local opportunities: where to access circuit training classes</li> </ul>	<ul style="list-style-type: none"> <li>- Effort and performance in training sessions (teacher/peer/self)</li> </ul>		
<b>Yoga</b>	<ul style="list-style-type: none"> <li>- More advanced yoga moves e.g. downward dog with leg raise, big toe, boat, bow, camel, eagle, four-limbed staff, half moon, pigeon, plow</li> <li>- More advanced sequences e.g. sun salutations, standing and seated sequences</li> </ul>	<ul style="list-style-type: none"> <li>- Types of yoga e.g. yin, hatha, vinyasa</li> <li>- Planning and leading yoga routines to small groups</li> <li>- Planning yoga sessions for others</li> <li>- Local opportunities: where to access yoga classes</li> </ul>	<ul style="list-style-type: none"> <li>- Solo/group performances and leading routines (teacher/peer/self)</li> </ul>		