



Physical Education Department Long-term sequencing Year 11 PE

The curriculum for this stage of students' education has been designed to build upon their previous experiences and achievements within P.E. in a way that begins to place greater emphasis on factors like strategy and tactical play. By this point, students will have partaken in a range of Net and Wall, Striking and Fielding, Health and Fitness and Invasion activity and owing to frequent use of skills-based assessment criteria, should have a greater sense of their current strengths and areas for development. The goal here is to further develop their game play strategies and tactics to outwit their opponents. Students should show more awareness when it comes to identifying and solving problems. Teachers should be more ambitious in their support and expectation of accurate replication of skills and those emerging as leaders within sport should be taking a leading role. Overall, we want them to enjoy themselves as they continue to exercise safely and effectively, and, as we guide them in pushing their potential with determination and discipline.

<p>HALF TERM 1: STUDENTS MUST KNOW: The evaluating and improving of performance and the promoting of performance in one of the following:</p> <ul style="list-style-type: none"> • Performance Boys – Badminton – tactical shots, organising leagues, doubles attacking tactics, game play. • Performance Girls – Netball – agility, power, speed, attacking tactics, defensive tactics, game play. • Participation Mixed – HRF – fitness tests, speed, principles of training, fitness classes, energy balance. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p>HALF TERM 2: STUDENTS MUST KNOW: The evaluating and improving of performance and the promoting of performance in one of the following:</p> <ul style="list-style-type: none"> • Performance Boys – Handball – offensive tactics, defensive tactics, game play. • Performance Girls – Football – formations, roles and positions, strategies, tactics, organising tournaments, carrying out tournaments. • Participation Mixed – Trampoline – advanced twists, shaped drops, combinations, front somersault, 8 bounce routine. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p>HALF TERM 3: STUDENTS MUST KNOW: The evaluating and improving of performance and the promoting of performance in one of the following:</p> <ul style="list-style-type: none"> • Performance Boys – Football – formations, roles and positions, strategies, tactics, organising tournaments, carrying out tournaments. • Performance Girls – Badminton – tactical shots, organising leagues, doubles attacking tactics, game play. • Participation Mixed – Table Tennis – attacking tactics, singles tournament, mental strength, doubles, doubles serving, game play. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>
<p>HALF TERM 4: STUDENTS MUST KNOW: The evaluating and improving of performance and the promoting of performance in one of the following:</p> <ul style="list-style-type: none"> • Performance Boys – Table Tennis – attacking tactics, singles tournament, mental strength, doubles, doubles serving, game play. • Performance Girls – Handball – offensive tactics, defensive tactics, game play. • Participation Mixed – Badminton – tactical shots, organising leagues, doubles attacking tactics, game play. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p>HALF TERM 5: STUDENTS MUST KNOW: The evaluating and improving of performance and the promoting of performance in one of the following:</p> <ul style="list-style-type: none"> • All – Striking & Fielding – fielding tactics, batting tactics, officiating, role of officials, game play. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	

Home learning set will consist of a combination of:

Stuart Bathurst Catholic High School

Embedding this knowledge can be supported at home by attending as many extra-curricular sporting activities and teams as possible and participating in sports teams and clubs outside of school. Students should aim to undertake 60 minutes of physical activity each day, to support a healthy, active lifestyle. According to Government advice, on 3 days a week, these activities should involve exercises for strong muscles and bones such as push-ups and running and jumping.