

## Physical Education (year 11 core)

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Girls	Netball	Lifestyle	Badminton	Tag Rugby	Option block	
		Dodgeball	Football	Aerobics	Rounders	Option block	
	Boys	Badminton	Football	Hockey	Fitness	Option block	
		Softball	Dodgeball	Basketball	Handball	Option block	
Activities are consistent throughout the year, however the order in which all pupils cover them will vary.							

Building on Prior Learning	Prior learning of skills, rules, strategies and implementing these as well as organisation are built upon further to give pupils the opportunity to be physically active and gain the benefits that physical activity provides. Pupils are now confident in full, competitive games and can take responsibility for their own activities. This gives them the opportunity to experience the social, mental and physical benefits of exercise such as stress relief, interaction with others and being active for a sustained period of time.
Links with other subjects	PE has cross-curricular links with a variety of subjects including Mathematics with the measuring and recording of times and distances in Athletics as well as comparing data to national norms. There are links with Science in relation to the body systems, promoting a healthy lifestyle, muscular and skeletal systems. Food Technology links with PE when discussing what should be included in a healthy diet.
Extracurricular opportunities	Students are encouraged to take part in Extra Curricular clubs and we offer a wide range of sports every term during lunchtime and after school. Students can represent the School competitively in a number of sports including Netball, Football, Cross Country, Athletics, Swimming, Orienteering as well as a variety of others through the School Games competitions. Other recreational activities include Badminton, Girls active, Dodgeball as well as House competitions.
A successful learner in this subject will demonstrate	Successful PE students will be enthusiastic and willing to fully participate in all sports delivered. Successful PE students will bring their prior knowledge and understanding to the lesson but remain open minded to new concepts or approaches. Students will confidently perform a variety of sports in both adapted and full-sided games whilst understanding the mental benefits of exercise in relation to reducing stress they face at this time in their school life. Successful learners will continue being active upon leaving school in either a competitive or recreational manner.
Impact on personal development	PE will help student's physical and mental well-being and assist with reducing stress and anxiety levels amongst students. PE promotes an opportunity for students to work on a large range of personal skills such as leadership, interacting and working as a team, resilience, dealing with setbacks, adaptability and empathy of others. PE will inspire and motivate students to become lifelong participators in physical activity outside of school life.



Ways to support student learning in this subject

- Encourage students to participate in extracurricular activity inside or outside of school.
- Reinforce the benefits using exercise as means of stress relief and as a way of socialising with friends.
- Encourage students to lead a healthy active lifestyle and know what factors could have an impact on their performance in school.
- Ensure students always have their PE kit even when they are not physically able to participate as their learning can be extended in alternative ways such as coaching, leading and officiating.
- Have a positive attitude towards PE and encourage full participation.
- Encourage interest in major sporting events such as The Olympics.
- Be a positive role model.