**Year 11 - Physical Education Curriculum Overview 2024 – 2025**

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| **YR****11** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Content** | * Football
* Cross Country
 | * Basketball
* Badminton
 | * Dodgeball
* Health Related Fitness
 | * Pickleball
* Tag Rugby
 | * Athletics
* Rounders
 | * Athletics
* Cricket
 |
| **Key new knowledge** | **Football**Control – 5v5Turning with the ball – Cruyff TurnTurning with the ball – Game situationLong Passing – Chip PassLong Passing – Drive PassLong Passing – Game SituationDefending – Man to man markingDefending – Man to man marking game sitation (5v5)Crossing and Finishing game situation**Cross Country**Delevoping cardiovascular endurance – pacing a 3km run | **Basketbal**Shooting - Reverse Lay UpOffensive Strategies - Motion OffenseConditioned 5v5 GameDefensive Strategies - Denial DefenseAttacking - 1v1Defensive Strategies - Zone DefenseFull Denial - Half CourtFull Court Basketball**Badminton**Introduction to DoublesSide to Side PlayBack and Front PlayWhich Player Hits? Communication / Hitting ZonesSet PlaysTournament Play | **Dodgeball**Leading and organizing dodgeball teamsApplying advanced tactics and strategiesStudent led competitive games**HRF**Create and complete a training plan to improve one component of healthCreate and complete a training plan to improve one component of skill | **Pickleball**Ground Strokes:SpinVolleys:spinGame:Self regulated/officiated gamesTactical:Shot SelectionDeception**Rugby**Handling – Picking up a Moving BallAttacking Play Long LoopKicking – Grubber KickTag Rugby Game | **Athletics**Specialisation and Personalisation: Students choose preferred events for further specializationSports day: Prepare students for inter-class athletics competition to demonstrate their skills and compete against Peers.**Rounders**Bowling – Donkey drop & angled Self officiating game | **Athletics**Specialisation and Mastery: Students focus on their chosen events for mastery.Self-Officiating and Measurement: Students learn to measure and officiate their performances accurately.**Cricket**Diamond CricketBowling: Partner bowling run upBatting: Hook shootBatting: Cut shotWicket Keeping – Standing Up / standing backSelf officiating game |
| **Assessments** |  |  |  |  |  |  |