**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 – 5v5  Turning with the ball – Cruyff Turn  Turning with the ball – Game situation  Long Passing – Chip Pass  Long Passing – Drive Pass  Long Passing – Game Situation  Defending – Man to man marking  Defending – 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 Up  Offensive Strategies - Motion Offense  Conditioned 5v5 Game  Defensive Strategies -  Denial Defense  Attacking - 1v1  Defensive Strategies - Zone Defense  Full Denial - Half Court  Full Court Basketball  **Badminton**  Introduction to Doubles  Side to Side Play  Back and Front Play  Which Player Hits? Communication / Hitting Zones  Set Plays  Tournament Play | **Dodgeball**  Leading and organizing dodgeball teams  Applying advanced tactics and strategies  Student led competitive games  **HRF**  Create and complete a training plan to improve one component of health  Create and complete a training plan to improve one component of skill | **Pickleball**  Ground Strokes:  Spin  Volleys:  spin  Game:  Self regulated/officiated games  Tactical:  Shot Selection  Deception  **Rugby**  Handling – Picking up a Moving Ball  Attacking Play Long Loop  Kicking – Grubber Kick  Tag Rugby Game | **Athletics**  Specialisation and Personalisation: Students choose preferred events for further specialization  Sports 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 Cricket  Bowling: Partner bowling run up  Batting: Hook shoot  Batting: Cut shot  Wicket Keeping – Standing Up / standing back  Self officiating game |
| **Assessments** |  |  |  |  |  |  |