

Year 11 – CORE PE Programme of Study

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

The following activities are run on a carousel throughout the autumn and spring terms.

In year 11, we continue with an element of choice into the curriculum. Our aim is to prepare pupils' for their leisure time by supporting them in developing good habits and taking more responsibility for their health and fitness. Pupils are provided with pathway options, which cover a range of PE curriculum areas such as:

- **Aesthetic activities** (e.g. Dance, Gymnastics, Trampolining).
- **Games activities:**
 - Invasion (e.g. Basketball, Dodgeball, Football, Hockey, Netball).
 - Net games (e.g. Badminton, Table Tennis, Tennis, Volleyball)
 - Strike and Field (e.g. Rounders and Softball)
- **Lifestyle activities** (e.g. Fitness suite, Yoga, Zumba).

Through our option pathways pupils will:

- Experience a range of activities to develop their physical skill and areas of personal interest.
- Be able to understand the technical, tactical and conceptual content across the range of activities.
- Know how to participate safely in their learning environment.
- Understand how physical activity impacts on their health and wellbeing.
- Develop confidence in their ability and resilience to challenge.
- Be exposed to situations which require a broad range of social skills.