



Curriculum Plans – Year 11 - Physical Education – Academic Year 2023/24

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 11 in Key Stage 4.

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7
Topic	<p>Volleyball/ Adventure Days</p> <p>Technical/Tactical: underhand serve, dig, set, spike and play to space. Students will produce balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently and communicating rules. Students will analyse their technique and improve their performance making contact with the volleyball, using underarm and overarm techniques and will use and develop a variety of tactics and strategies to overcome opponents in team and individual games. Students will analyse their serving technique. Students take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p>Planning for tomorrow: discussions of how sporting facilities and sporting events are turning towards clean energy.</p>	<p>Badminton/ Swimming</p> <p>Technical/Tactical: service, drop shot, and playing to space. Students will produce balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently, communicating rules.</p> <p>Students will analyse their technique and improve their performance making contact with the shuttle, using underarm and overarm techniques. Students will use and develop a variety of tactics and strategies to overcome opponents in team and individual. Students will analyse their serving technique.</p> <p>Students will swim competently and confidently using a range of strokes over a distance of at least 25 metres. Students can perform safe self-rescue in different water-based situations.</p> <p>World around us: discussions on Black History Month and athletes who used sport for positive social change.</p>	<p>Tennis</p> <p>Technical/Tactical: service, forehand, backhand, volley, and playing to space. Students will produce balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently and communicating rules.</p> <p>Students will analyse their technique and improve their performance making contact with the tennis ball, and using forehand and backhand and volley techniques. Students will use and develop a variety of tactics and strategies to overcome opponents in team and individual. Students will analyse their serving technique.</p> <p>Better together: discussions on identifying injustices in the world of sports.</p>	<p>Floor Hockey</p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under pressure. Students will produce speed, agility, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and team failure.</p> <p>Students will participate in team games using and developing a variety of tactics and strategies to overcome opponents.</p> <p>The working world: discussion on innovations in sport.</p>	<p>Handball</p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under pressure. Students will produce speed, agility, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and team failure.</p> <p>Students will participate in team games using and developing a variety of tactics and strategies to overcome opponents.</p> <p>Opportunities for everyone: discussing proactive behaviours that make people from all backgrounds feel welcome.</p>	<p>Ultimate Frisbee</p> <p>Technical/Tactical: passing, footwork, shooting, positional play, marking, defending, and decision making. Students will produce agility, balance, and improved coordination.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing individual success and failure.</p> <p>Students will participate in team games using and developing a variety of tactics and strategies to overcome opponents.</p> <p>Keep it green, keep it clean: discussion on ways professional sports are going green.</p>	<p>Cricket, Athletics, Sports Days & BISL Olympics</p> <p>Technical/Tactical: passing, receiving, striking, and feilding. Students will produce speed, agility, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and failure.</p> <p>Students will produce throwing and catching in isolation and in combination as well as apply balance, agility and coordination. Students will apply these skills in co-operative and competitive physical activities.</p> <p>Students will analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best with running, jumping, and throwing through a range of athletics competitions during sports days.</p> <p>Healthy body: healthy mind: discussions on the relationship between nutrition, exercise, sleep patterns and mental health.</p>



Assessments	Volleyball Assessment	Badminton Assessment Swimming Assessment	Tennis Assessment	Floor Hockey Assessment	Handball Assessment Fitness Assessment	Ultimate Frisbee Assessment	Cricket Assessment Athletics Assessment
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