

## Year 11 Curriculum Overview

## **Rationale:**

We aim to inspire students to participate in and enjoy a broad and balanced PE curriculum. In year 11, students will continue along their personalised pathway of performance or participation. Within the performance pathway students will be provided with opportunities to further develop and improve their technical and tactical awareness across a variety of sports whilst playing competitively within lessons. The participation pathway has a continued focus on the holistic development of a person where they will further learn about the importance of keeping fit and healthy in physical, social and emotional aspects and taking part in physical activities for recreational purposes. In addition to this, students are provided with wider opportunities to further participate in sport both recreationally and competitively and are encouraged to attend extra-curricular sports clubs.

Term/Length of Time	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
Autumn 1	Performance Basketball	Each student will be assessed in each sport	Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.
Performance Basketball Netball Participation Table Tennis	<ul> <li>Recap of Key Rules</li> <li>Screening</li> <li>Man to Man Defence</li> <li>Zone Defence</li> <li>Defensive strategies</li> </ul>	that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.	Optional homework tasks and Literacy resources <u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport
Health and Wellbeing OAA/ Team Building	<ul> <li>Mini Tournament/ Assessment</li> <li>Netball</li> <li>Recap of Key Rules</li> </ul>	Verbal and peer assessment will run consistently throughout	https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.
	<ul> <li>Attacking Principles</li> <li>Outwitting Opponents</li> <li>Defending Principles</li> <li>Tactics &amp; Team Strategies</li> </ul>	all lessons.	<u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport. <u>https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-</u> <u>2022.html</u>
	Role of the Umpire		Theme : Preventing Injuries

	Coaching		https://www.youtube.com/watch?v=rBntW8FmLvo	
1	-		Watch this clip , from the above theme and apply something	that you have
	Participation		learned from the clip to your next lesson.	
	Table Tennis			
	Introduction to the			
	sport			
	• Recap of the key rules			
	Introduction of tactics			
	Competitions &			
	Tournaments			
1				
	Health and wellbeing			
	Circuit Training			
	Exercise to Music			
	Boxercise			
	• Sport Specific Circuits			
	Designing Training			
	Sessions			
	OAA/ Team Building			
	Communication Skills			
	Group Communication			
	Skills			
	Team Work & Problem			
	Solving			
	<ul> <li>Map Reading &amp;</li> </ul>			
	Navigation Skills			
Autumn 2	Performance	Each student will be	Extra-curricular and Wider opportunities – all students	
	Football	assessed in each sport	are encouraged to attend extra-curricular opportunities.	
Performance	Recap of Key Rules	that they complete (with		
Football	Ball Control	relevance to the OCR	Optional homework tasks and Literacy resources	

Table tennis	Shooting Techniques	GCSE PE Specification).	
	<ul> <li>Leadership of Small</li> </ul>	This will correlate to their	GCSE PE Students
Participation	Sided Tournaments	target and assessment	Use the GCSE PE Practical Assessment guide below to
Health and	Game Situations	banding.	complete a self-assess on your ability in each sport
wellbeing		banang.	https://www.ocr.org.uk/Images/234827-guide-to-non-
Badminton	Refereeing/ Officiating	Verbal and peer	exam-assessment.pdf
Daaminton	Mini Tournament &	assessment will run	Pay particular attention to the Core and Advanced skills,
	Assessment	consistently throughout	as well as Decision making and tactical awareness.
	<b>-</b>	all lessons.	as well as Decision making and tactical awareness.
	Table tennis		BTEC Sport Students
	Introduction of Rules &		Download the qualification summary from the below link,
	Regulations		use page 34 to complete a self-assessment on your ability
	Push Shot		to participate in sport.
	Backhand & Forehand		
	Topspin		https://qualifications.pearson.com/en/qualifications/btec-
	Slice Shot		tech-awards/sport-2022.html
	Serving		
	Doubles & Singles		Health and Well-being
	Gameplay		Select a workout from Joe Wicks' YouTube channel - Joe
	Mini Tournament &		Wicks Body Coach TV
	Assessment		
			Theme : Saftey/ Hazards
	Participation		https://www.youtube.com/watch?v=WiITVPPMkAE
	Health and wellbeing		Watch this clip , from the above theme and apply
	Circuit Training		something that you have learned from the clip to your
	Exercise to Music		next lesson.
	Boxercise		
	Sport Specific Circuits		
	Designing Training		
	Sessions		
	Badminton		

	<ul> <li>Introduction to the sport</li> <li>Recap of the key rules</li> <li>Introduction of tactics</li> </ul>			
	Competitions &			
	Tournaments			
Spring 1	Performance	Each student will be	Extra-curricular and Wider opportunities – all students	
	Table Tennis	assessed in each sport	are encouraged to attend extra-curricular opportunities.	
Performance	Introduction of Rules &	that they complete (with		
Table Tennis	Regulations	relevance to the OCR	Optional homework tasks and Literacy resources	
Badminton	Push Shot     Deside and & Ferrehand	GCSE PE Specification). This will correlate to their	GCSE PE Students	
Participation	Backhand & Forehand     Topspin	target and assessment	Use the GCSE PE Practical Assessment guide below to	
Football	<ul><li>Topspin</li><li>Slice Shot</li></ul>	banding.	complete a self-assess on your ability in each sport	
Invasion	Serving		https://www.ocr.org.uk/Images/234827-guide-to-non-	
Games	<ul> <li>Doubles &amp; Singles</li> </ul>	Verbal and peer	exam-assessment.pdf	
	Gameplay	assessment will run	Pay particular attention to the Core and Advanced skills,	
	Mini Tournament &	consistently throughout	as well as Decision making and tactical awareness.	
	Assessment	all lessons.		
			BTEC Sport Students	
	Badminton		Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability	
	<ul> <li>Recap of Key Rules</li> </ul>		to participate in sport.	
	Analyse a Range of		https://qualifications.pearson.com/en/qualifications/btec-	
	Shots		tech-awards/sport-2022.html	
	<ul> <li>Evaluate Different Serves</li> </ul>			
	Tactical Awareness		Theme : Nutrition and diet	
	<ul> <li>Small Sides Tournament</li> </ul>		https://www.youtube.com/watch?v=GyxAGh7cVxo	
	<ul> <li>Mini Tournament &amp;</li> </ul>		Watch this clip , from the above theme and apply	
	Assessment		something that you have learned from the clip to your	
			next lesson.	

	Participation		
	Football & Invasion Games		
	<ul> <li>Introduction to the</li> </ul>		
	sport		
	<ul> <li>Recap of the key rules</li> </ul>		
	<ul> <li>Introduction of tactics</li> </ul>		
	<ul> <li>Competitions &amp;</li> </ul>		
	Tournaments		
Spring 2 &	<b>Performance</b>	Each student will be	Extra-curricular and Wider opportunities – all students
Summer 1	Football	assessed in each sport	are encouraged to attend extra-curricular opportunities.
	<ul> <li>Recap of Key Rules</li> </ul>	that they complete (with	
<b>Performance</b>	Ball Control	relevance to the OCR	Optional homework tasks and Literacy resources
Football	<ul> <li>Shooting Techniques</li> </ul>	GCSE PE Specification).	
Rounders	<ul> <li>Small Sided Games</li> </ul>	This will correlate to their	GCSE PE Students
	Refereeing/ Officiating	target and assessment	Use the GCSE PE Practical Assessment guide below to
<b>Participation</b>	Mini Tournament &	banding.	complete a self-assess on your ability in each sport
Basketball	Assessment		https://www.ocr.org.uk/Images/234827-guide-to-non-
Table Tennis		Verbal and peer	exam-assessment.pdf
	Rounder's	assessment will run	Pay particular attention to the Core and Advanced skills,
	<ul> <li>Recap of Key Rules</li> </ul>	consistently throughout	as well as Decision making and tactical awareness.
	Fielding	all lessons.	
	Batting		BTEC Sport Students
	Bowling		Download the qualification summary from the below link,
	Positional Roles		use page 34 to complete a self-assessment on your ability
	Tactical Awareness		to participate in sport.
	Mini Tournament &		https://gualifications.poarson.com/on/gualifications/htos
	Assessment		https://qualifications.pearson.com/en/qualifications/btec- tech-awards/sport-2022.html
	Participation		Theme : Career in sport
	Basketball & Table Tennis		https://www.youtube.com/watch?v=o3mRh2QeZXE
	<ul> <li>Introduction to the</li> </ul>		
	sport		

• Introd	o of the key rules duction of tactics petitions &	Watch this clip, from the above theme and apply something that you have learned from the clip to your next lesson.	
Tourr	naments		