

Subject: Physical Education

Year 11

<u>Autumn HT 1</u>	<u>Autumn HT 2</u>	<u>Spring HT 1</u>	<u>Spring HT 2</u>	
Group 1 (Mixed) Team Games (Teamwork and Organisation) Group 2 (Mixed) Team Games (Teamwork and Organisation)	Group 1 (Mixed) Racquet Sports (Leadership & Communication) Group 2 (Mixed) Racquet Sports (Leadership & Communication) All groups Orienteering (Problem Solving)	Group 1 (Mixed) Health for Life- Physical Training (Developing a Healthy Active Lifestyle) Group 2 (Mixed) Health for Life- Physical Training (Developing a Healthy Active Lifestyle)	Group 1 (Mixed) Handball (Teamwork and Organisation) Group 2 (Mixed) Handball (Teamwork and Organisation)	
<u>Mixed Team Games</u> <u>Dodgeball</u> • To understand the importance of teamwork and organisation in the wider world beyond school and follow and implement the rules outlined. • To organise teams effectively before and during game play and organise the scoring system for the tournaments • To follow and implement the rules outlined and organise teams effectively before and during game play • To organise and implement new rules	<u>Badminton</u> • To understand the importance of leadership and communication in the wider world beyond school and follow and implement the rules outlined- half court singles. • To apply the leadership/ communication skills effectively to organise a badminton tournament and follow the rules outlined- doubles. • To understand and communicate the scoring of a tournament, including timings. <u>Table Tennis (as above)</u>	<u>Health for Life (HFL)</u> • Understanding the government guidance and the effects of a sedentary lifestyle. To complete an interval training (HIIT) session to the best of your ability. • To calculate your training zone and try to reach this during a continuous training session • Understand the different components of fitness and how they can be trained.	<u>Rounders/ cricket</u> • To understand the importance of leadership and communication in the wider world beyond school and follow and implement the rules outlined- rounders/cricket games • To apply the leadership/ communication skills effectively to organise a badminton tournament and follow the rules outlined- doubles. • To understand and communicate the scoring of a	

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<p>following team consultations</p> <ul style="list-style-type: none"> • To follow and implement the rules outlined and organise teams effectively before and during game play • Demonstrate effective organisation and teamwork during the activity. <p><u>Capture The Flag/Tag Rugby/ Bench Ball/ Ultimate Frisby</u> – run on a two-week carousel.</p>	<p><u>Orienteering</u></p> <ul style="list-style-type: none"> • To apply different tactics and strategies within a set of rules to solve problems quickly and accurately. 	<p>To complete a circuit training session to the best of your ability.</p> <ul style="list-style-type: none"> • Developing an understanding of the different types of training and complete an interval training session. • Understand how exercise can contribute towards social and emotional health and complete a training method of your choice 	<p>tournament, including timings.</p>	
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