Subject: Physical Education

<u>Year 11</u>

<u>Autumn HT 1</u>	Autumn HT 2	Spring HT 1	Spring HT 2	
Group 1 (Mixed)	Group 1 (Mixed)	Group 1 (Mixed)	Group 1 (Mixed)	
Team Games	Racquet Sports	Health for Life-	Handball	
(Teamwork and	(Leadership &	Physical Training	(Teamwork and	
Organisation)	Communication)	(Developing a	Organisation)	
		Healthy Active		
Group 2 (Mixed)	Group 2 (Mixed)	Lifestyle)	Group 2 (Mixed)	
Team Games	Racquet Sports		Handball	4
(Teamwork and	(Leadership &	Group 2 (Mixed)	(Teamwork and	
Organisation)	Communication)	Health for Life-	Organisation)	
		Physical Training		
	All groups Orienteering	(Developing a		
	(Problem Solving)	Healthy Active		
		Lifestyle)		
Mixed Team Games	<u>Badminton</u>	Health for Life (HFL)	Rounders/ cricket	
<u>Dodgeball</u>	 To understand the 	 Understanding the 	 To understand the 	
 To understand the 	importance of leadership	government	importance of	
importance of teamwork	and communication in the	guidance and the	leadership and	1
and organisation in the	wider world beyond school	effects of a	communication in the	
wider world beyond	and follow and implement	sedentary lifestyle.	wider world beyond	
school and follow and	the rules outlined- half court	To complete an	school and follow and	
implement the rules	singles.	interval training	implement the rules	
outlined.	 To apply the leadership/ 	(HIIT) session to	outlined-	
 To organise teams 	communication skills	the best of your	rounders/cricket	
effectively before and	effectively to organise a	ability.	games	
during game play and	badminton tournament and	To calculate your	 To apply the 	
organise the scoring	follow the rules outlined-	training zone and	leadership/	
system for the	doubles.	try to reach this	communication skills	
tournaments	 To understand and 	during a continuous	effectively to organise	
 To follow and 	communicate the scoring of	training session	a badminton	
implement the rules	a tournament, including	 Understand the 	tournament and	
outlined and organise	timings.	different	follow the rules	
teams effectively before		components of	outlined- doubles.	
and during game play	<u>Table Tennis (as above)</u>	fitness and how	 To understand and 	
 To organise and 		they can be trained.	communicate the	
implement new rules			scoring of a	

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following team	Orienteering	To complete a	tournament, including
consultations	 To apply different tactics 	circuit training	timings.
 To follow and 	and strategies within a set	session to the best	
implement the rules	of rules to solve problems	of your ability.	
outlined and organise	quickly and accurately.	 Developing an 	
teams effectively before		understanding of	
and during game play		the different types	
 Demonstrate effective 		of training and	
organisation and		complete an interval	
teamwork during the		training session.	
activity.		 Understand how 	
		exercise can	
<u>Capture The Flag/Tag</u>		contribute towards	
Rugby/ Bench Ball/		social and emotional	
<u>Ultimate Frisby</u> – run on		health and complete	
a two-week carrousel.		a training method of	
		your choice	



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