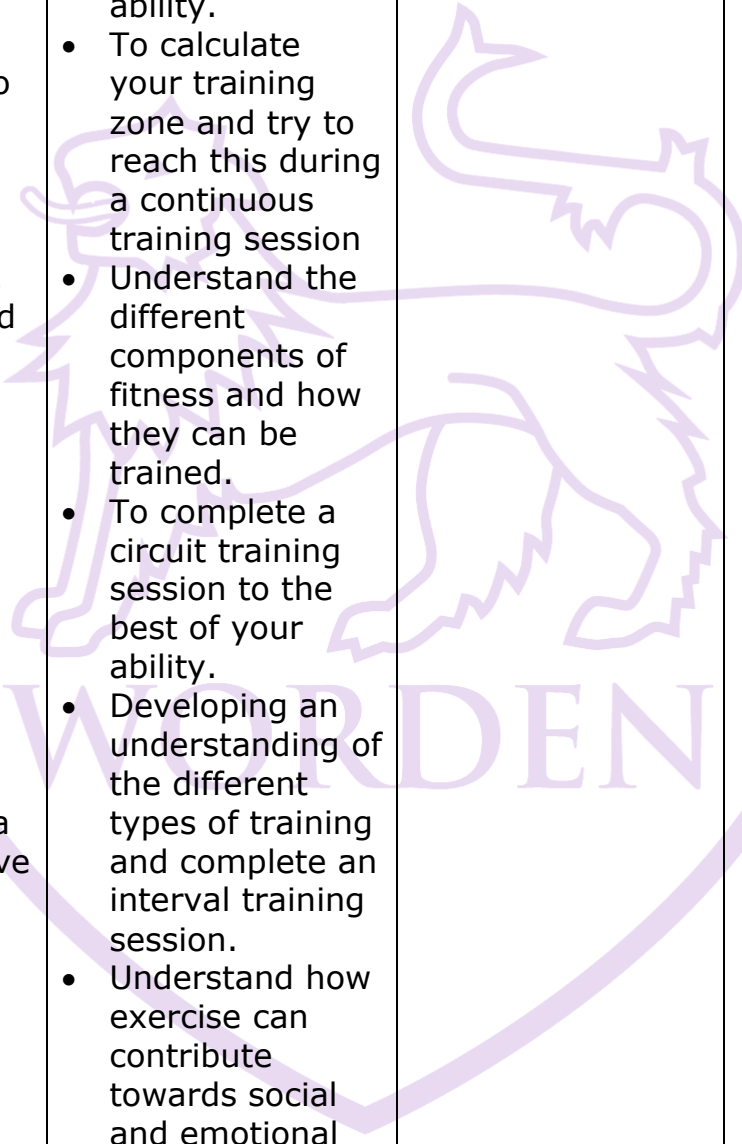


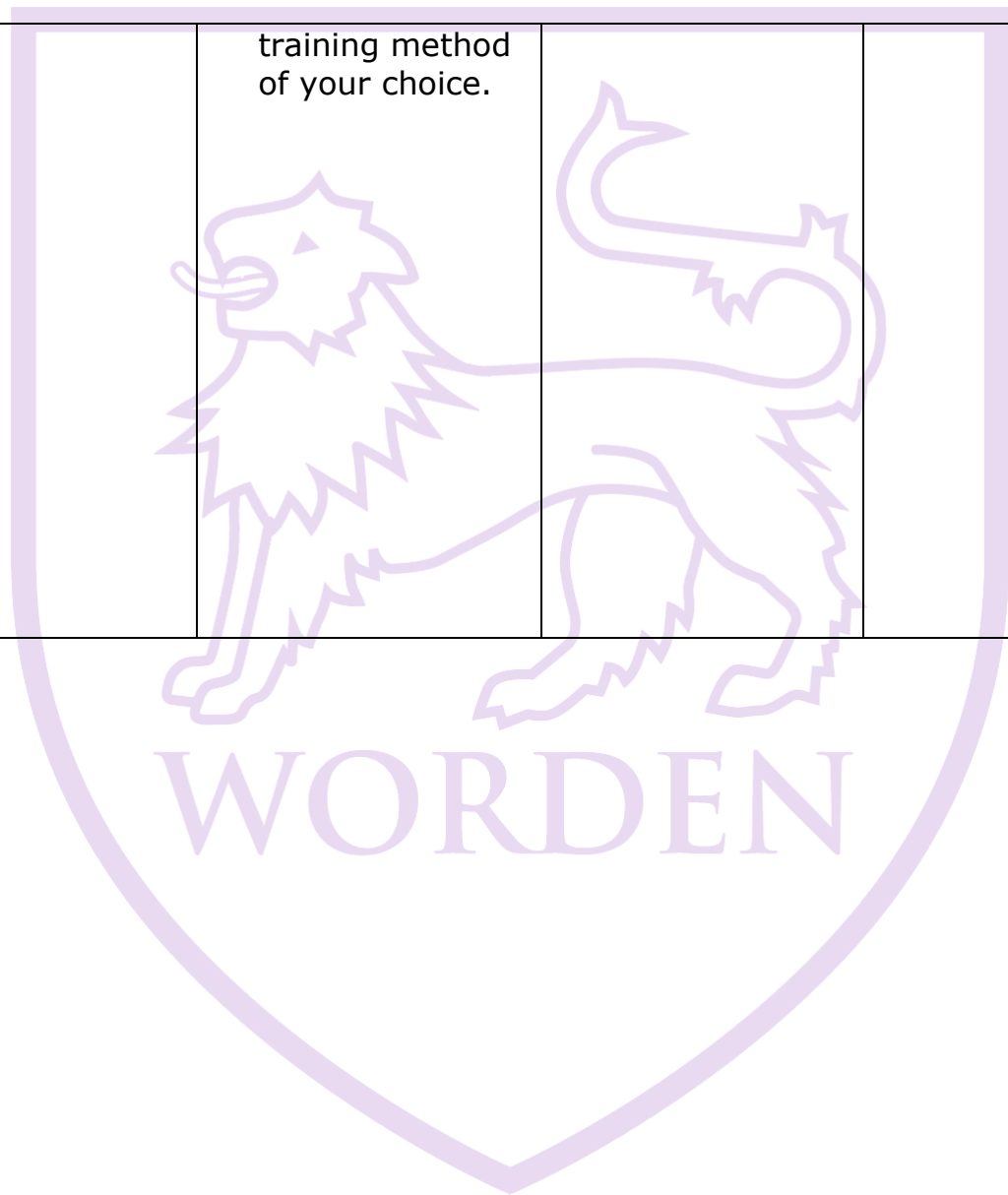
Subject: Physical Education

Year: 11

<u>Autumn HT 1</u>	<u>Autumn HT 2</u>	<u>Spring HT 1</u>	<u>Spring HT 2</u>	<u>Summer HT 1</u>	<u>Summer HT 2</u>
<p>Group 1 (Mixed) Team Games (Teamwork and Organisation)</p> <p>Group 2 (Mixed) Team Games (Teamwork and Organisation)</p>	<p>Group 1 (Mixed) Racquet Sports (Leadership & Communication)</p> <p>Group 2 (Mixed) Racquet Sports (Leadership & Communication)</p> <p>All groups Orienteering (Problem Solving)</p>	<p>Group 1 (Mixed) Health for Life-Physical Training (Developing a Healthy Active Lifestyle)</p> <p>Group 2 (Mixed) Health for Life-Physical Training (Developing a Healthy Active Lifestyle)</p>	<p>Group 1 (Mixed) Handball (Teamwork and Organisation)</p> <p>Group 2 (Mixed) Handball (Teamwork and Organisation)</p>	<p>Boys Health for Life (Physical, Social, Mental) (Development of Personal Health)</p> <p>Girls Health for Life (Physical, Social, Mental) (Development of Personal Health)</p>	<p>=</p> <p>Group 1 (Mixed) Striking and Fielding (Leadership & Communication)</p> <p>Group 2 (Mixed) Striking and Fielding (Leadership & Communication)</p>
<p><u>Mixed Team Games</u></p> <p><u>Dodgeball</u></p> <ul style="list-style-type: none"> To understand the importance of teamwork and organisation in the wider world beyond school and follow and 	<p><u>Badminton</u></p> <ul style="list-style-type: none"> To understand the importance of leadership and communication in the wider world beyond school and follow and implement the rules outlined- half court singles. 	<p><u>Health for Life (HFL)</u></p> <ul style="list-style-type: none"> Understanding the government guidance and the effects of a sedentary lifestyle. To complete an interval training (HIIT) session to 	<p><u>Handball</u></p>	<p><u>Health for Life (HFL)</u></p> <ul style="list-style-type: none"> Leading a healthy active lifestyle To be aware of different activities that an contribute to a healthy and active lifestyle Health- Social skills Mental wellbeing- mindfulness and breathing 	

<p>implement the rules outlined.</p> <ul style="list-style-type: none"> • 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 following team consultations • To follow and implement the rules outlined and organise teams effectively before and 	<ul style="list-style-type: none"> • 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. <p><u>Table Tennis (as above)</u></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>the best of your ability.</p> <ul style="list-style-type: none"> • 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. • To complete a circuit training session to the best of your ability. • 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 		<ul style="list-style-type: none"> • Yoga; breathing, developing asanas 	
---	--	---	---	--	--

<p>during game play</p> <ul style="list-style-type: none"> • 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>training method of your choice.</p>			
---	--	--	--	--	--



Ludus Admirandus