Year 11 Curriculum Implementation: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
						Summer 2
Knowledge and Skills	1.2.c Preventing InjuryAEP	2.3 Health and Well-beingAEP	1.1.d The Cardiovascular and Respiratory Systems	1.1.e Effects of Exercise on the Body Systems	Revision/Exam Preparation	
Links to prior learning	• 1.1.b	KS3/4 PSHE and Science	KS3/4 Science and Maths	KS3/4 Science and Maths 1.1.d, 1.1.b		
Assessment	End of Unit Test	Year 11 Mock	End of Unit Test	End of Unit Test		
Home learning	Weekly homework set on topic studies	Weekly homework set on topic studies	Weekly homework set on topic studies	Weekly homework set on topic studies		
Cultural Capital and extra- curricular opportunities	Extra-curricular clubs and school team representation	Extra-curricular clubs and school team representation	Extra-curricular clubs and school team representation	Extra-curricular clubs and school team representation		
Literacy	Definitions of the components of fitness	 Terminology Specific to Training and Thresholds 	Names of bones, joints and connective tissues	Names of components of the cardio- respiratory system, lung volumes and capacities		
Numeracy	 How many marks are available for this question? How long should we spend on this question? 	 How many marks are available for this question? How long should we spend on this question? 	 Demonstrate an understanding of how data are collected both qualitative and quantitative Present data, including graphs and tables analyse and evaluate data, including graphs and tables 	 Demonstrate an understanding of how data are collected both qualitative and quantitative Present data, including graphs and tables analyse and evaluate data, including graphs and tables 		
Careers Information, Education, Advice and Guidance (CEIAG)	 Physiotherapists Sports Scientists Fitness Conditioners Sports Performers 	 Sports Scientists Medical Professions Fitness Conditioners Dietician Sports Performers 	 Medical Professions Physiotherapist Fitness Conditioners Sports Performers 	 Medical Professions Physiotherapist Sports Performers 		
Spirituality	Team workFair Play	Team work Fair Play	Team work Fair Play	Team work Fair Play	Team work Fair Play	Team work Fair Play
How can parents support the curriculum?	 Encouragement of regular home learning, self study and attendance to extra- curricular clubs Physical activity outside of school 	 Encouragement of regular home learning, self study and attendance to extra-curricular clubs Physical activity outside of school 	Encouragement of regular home learning, self study and attendance to extra-curricular clubs Physical activity outside of school	Encouragement of regular home learning, self study and attendance to extra-curricular clubs Physical activity outside of school	Encouragement of regular home learning, self study and attendance to extra-curricular clubs Physical activity outside of school	Encouragement of regular home learning, self study and attendance to extra-curricular clubs Physical activity outside of school