

Year 11 – Health & Wellbeing

Curriculum intent	Through core lessons, learners will continue to develop their knowledge and understanding around the benefits of leading a healthy active lifestyle and the link between physical, mental and emotional health. Learners will continue to develop their range of practical skills and will be given opportunity to challenge their physical fitness through a series of activities and practical challenges.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Learners will recap the key concepts of planning for improvement and will focus on at least one aspect of their personal fitness and one sport specific skill from a sport of their choice. Learners will develop their own improvement plan and set targets and goals, whilst continuing to challenge themselves through</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Skills across all sports will be tested as will learner impact on tactics and set game play. Learners will continue to develop advanced skill and use leadership qualities to build on their influence in a performance. Learners will continue to</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Being able to recognise the links between health and physical activity will have a positive impact on all learners throughout year 11. Being able to recognise potential triggers for stress or anxiety will be re-visited and learners will be given the opportunity to engage with</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>In addition to external initiatives year 11 learners will continue to compete in sports and activities following a structured carousel of activity. Skills, basic and advanced will be tested and learners will be given the opportunity to reflect on their</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>At this stage of the year learners will be preparing for exam season and therefore much of core PE will be focused on staying healthy, emotional and mentally. Learners will be given the opportunity to explore a range of stress busting activities and attempt to understand how</p>	<p>Team Work Invasion Games Net Games Personal Fitness</p> <p>Learners will be challenged to test their fitness levels and compare these results to that of National averages. Learners will be given the opportunity to develop with the help of ASV gym staff and fitness programme that will encourage and facilitate lifelong</p>



	<p>performance and competition. Methods of training will be recapped and explored by learners. Linking components of fitness and understanding how they are best developed through various types of training.</p>	<p>display their secure knowledge surrounding rules, regulations and scoring systems. Those learners who have complete a leadership or personal training programme during core PE and extra curricular will be given the opportunity to take part in external leadership initiatives.</p>	<p>external agencies and tackle issues such as stress and exam anxiety.</p>	<p>individual performance and that of others. Tactics and set game play will be revisited and discussed.</p>	<p>they best deal with stress or anxiety.</p>	<p>participation in sport. Learners will be taught the basics of lifelong participation and will be encouraged to take up a gym membership in order to continue their health journey after school.</p>
Skills	<p>Knowledge Communication Physical Ability Leadership Skills</p>	<p>Understanding Respect Fitness Level Leadership Styles and Techniques</p>	<p>Analysis Leadership Competition Links between Health & Exercise</p>	<p>Feedback Resilience Technique Physical, Social, Mental and Emotional Health</p>	<p>Responsibility Effort Tactics Physical, Social, Mental and Emotional Health</p>	<p>Rules/Regulations Confidence Problem Solving Challenge</p>



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