


SUBJECT: CORE PE/SPORT/DANCE

Year Group:	YEAR 11					
Rationale:	'Creating Healthy & Active Futures' - Learners will gain experiences ensuring full engagement and enjoyment of physical activity, whilst promoting lifelong participation. We hope to encourage healthy lifestyle habits, improve fitness, interacting socially, enhancing perseverance, and self-motivation whilst gaining a sense of achievement. Pupils will follow a Head, Heart and Hands approach with each term having a specific focus and range of activities on offer.					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Knowledge	Topic/Unit: SPORTS EDUCATION (HEAD) Develop your knowledge of creativity, tactics whilst being given some leadership opportunities, whilst in structured training and competition.		Topic/Unit: FITNESS & PERFORMANCE (HEART & HANDS) Develop existing skills or focus on your fitness through various activities.		Topic/Unit:	
Skills	Activities that can be chosen: <ul style="list-style-type: none"> FOOTBALL DODGEBALL NETBALL BASKETBALL DANCE <p>Head</p> <p>Your knowledge and understanding in PE</p> <ul style="list-style-type: none"> Create & Plan – You create ideas and use this and devise tactics. Evaluate & Analyse – You identify strengths and weaknesses and suggest improvements. <p>Practical skills - Learners will demonstrate core and advanced skills with control in isolation, conditioned and competitive practice situations for their different activities.</p> <p>Decision making skills – Learners will use their knowledge to solve problems and plan/.devise tactics in order to apply skills to a variety of situations.</p> <p>Reflective/Analytical skills – Learners will learn to evaluate their own and their peers performances, whilst offering constructive feedback in order to improve performance.</p>		Activities that can be chosen: <ul style="list-style-type: none"> BADMINTON TABLE TENNIS DODGEBALL TRAMPOLINING FITNESS <p>Heart & Hands</p> <p>Your awareness of fitness in PE & Your practical ability in PE</p> <ul style="list-style-type: none"> Assess & Monitor – You identify your current fitness levels and what you need to do to improve. Commit & Improve – You work hard and push yourself to improve fitness levels. Acquire & Develop – You learn and improve skills in a variety of different activities. Select & Apply – You use the skills to impact performance in different situations. <p>Practical skills - Learners will demonstrate core and advanced skills with control in isolation, conditioned and competitive practice situations for their different activities.</p> <p>Decision making skills – Learners will use their knowledge to solve problems and plan/.devise tactics in order to apply skills to a variety of situations.</p> <p>Reflective/Analytical skills – Learners will learn to evaluate their own and their peers performances, whilst offering constructive feedback in order to improve performance.</p>			



	<p>Officiating skills - Learners will have the knowledge of the basic rules and methods of scoring.</p> <p>Leadership skills Learners will be given opportunities to apply on fair play/team work and lead individual groups in warm-up activities and skill rehearsal practices.</p> <p>Social skills – Learners will be placed in situations where they will need to show sportsmanship, respect, cooperation, empathy, team spirit, inclusion and excellence.</p> <p>Communication skills – Learners will be given opportunity to develop verbal, non-verbal and signalling/gestures through practical and feedback tasks.</p>	<p>Officiating skills - Learners will have the knowledge of the basic rules and methods of scoring.</p> <p>Leadership skills Learners will be given opportunities to apply on fair play/team work and lead individual groups in warm-up activities and skill rehearsal practices.</p> <p>Social skills – Learners will be placed in situations where they will need to show sportsmanship, respect, cooperation, empathy, team spirit, inclusion and excellence.</p> <p>Communication skills – Learners will be given opportunity to develop verbal, non-verbal and signalling/gestures through practical and feedback tasks.</p>	
<p>Assess-ments</p>	<p>Pupils will be awarded and AtL score during their unit of work. No assessment related to pathways will take place during this unit.</p>	<p>Pupils will be awarded and AtL score during their unit of work. No assessment related to pathways will take place during this unit.</p>	