



## Year 11 Curriculum Overview

### Rationale:

We aim to inspire students to participate in and enjoy a broad and balanced PE curriculum. In year 11, students will continue along their personalised pathway of performance or participation. Within the performance pathway students will be provided with opportunities to further develop and improve their technical and tactical awareness across a variety of sports whilst playing competitively within lessons. The participation pathway has a continued focus on the holistic development of a person where they will further learn about the importance of keeping fit and healthy in physical, social and emotional aspects and taking part in physical activities for recreational purposes. In addition to this, students are provided with wider opportunities to further participate in sport both recreationally and competitively and are encouraged to attend extra-curricular sports clubs.

Term/Length of Time	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
<b>Autumn 1</b>  <u>Performance</u> Basketball Netball  <u>Participation</u> Table Tennis Health and wellbeing <b>OAA/ Team Building</b>	<b>Performance Basketball</b> <ul style="list-style-type: none"> <li>Recap of Key Rules</li> <li>Screening</li> <li>Man to Man Defence</li> <li>Zone Defence</li> <li>Defensive strategies</li> <li>Mini Tournament/ Assessment</li> </ul> <b>Netball</b> <ul style="list-style-type: none"> <li>Recap of Key Rules</li> <li>Attacking Principles</li> <li>Outwitting Opponents</li> <li>Defending Principles</li> <li>Tactics &amp; Team Strategies</li> <li>Role of the Umpire</li> </ul>	Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.  Verbal and peer assessment will run consistently throughout all lessons.	<b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b>  <b>Optional homework tasks and Literacy resources</b>  <u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a> Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.  <u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport. <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a>  Theme : Preventing Injuries

	<ul style="list-style-type: none"> <li>• Coaching</li> </ul> <p><b>Participation</b> <b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Circuit Training</li> <li>• Exercise to Music</li> <li>• Boxercise</li> <li>• Sport Specific Circuits</li> <li>• Designing Training Sessions</li> </ul> <p><b>OAA/ Team Building</b></p> <ul style="list-style-type: none"> <li>• Communication Skills</li> <li>• Group Communication Skills</li> <li>• Team Work &amp; Problem Solving</li> <li>• Map Reading &amp; Navigation Skills</li> </ul>		<p><a href="https://www.youtube.com/watch?v=rBntW8FmLvo">https://www.youtube.com/watch?v=rBntW8FmLvo</a></p> <p>Watch this clip , from the above theme and apply something that you have learned from the clip to your next lesson.</p>
<p><b>Autumn 2</b></p> <p><b>Performance</b> Football</p>	<p><b>Performance</b> <b>Football</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Rules</li> <li>• Ball Control</li> </ul>	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources</b></p>

<p>Table tennis</p> <p><b>Participation</b></p> <p>Health and wellbeing</p> <p>Badminton</p>	<ul style="list-style-type: none"> <li>• Shooting Techniques</li> <li>• Leadership of Small Sided Tournaments</li> <li>• Game Situations</li> <li>• Refereeing/ Officiating</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Table tennis</b></p> <ul style="list-style-type: none"> <li>• Introduction of Rules &amp; Regulations</li> <li>• Push Shot</li> <li>• Backhand &amp; Forehand Topspin</li> <li>• Slice Shot</li> <li>• Serving</li> <li>• Doubles &amp; Singles Gameplay</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Participation</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Circuit Training</li> <li>• Exercise to Music</li> <li>• Boxercise</li> <li>• Sport Specific Circuits</li> <li>• Designing Training Sessions</li> </ul> <p><b>Badminton</b></p>	<p>GCSE PE Specification).</p> <p>This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><u>GCSE PE Students</u></p> <p>Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a></p> <p>Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.</p> <p><u>BTEC Sport Students</u></p> <p>Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport.</p> <p><a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p> <p><u>Health and Well-being</u></p> <p>Select a workout from Joe Wicks' YouTube channel - <a href="#">Joe Wicks Body Coach TV</a></p> <p><u>Theme : Saftey/ Hazards</u></p> <p><a href="https://www.youtube.com/watch?v=WiiTVPPMkAE">https://www.youtube.com/watch?v=WiiTVPPMkAE</a></p> <p>Watch this clip , from the above theme and apply something that you have learned from the clip to your next lesson.</p>	
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	<ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul>			
<p><b>Spring 1</b></p> <p><b>Performance</b> Table Tennis Badminton</p> <p><b>Participation</b> Football Invasion Games</p>	<p><b>Performance</b> <b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Introduction of Rules &amp; Regulations</li> <li>• Push Shot</li> <li>• Backhand &amp; Forehand Topspin</li> <li>• Slice Shot</li> <li>• Serving</li> <li>• Doubles &amp; Singles Gameplay</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Rules</li> <li>• Analyse a Range of Shots</li> <li>• Evaluate Different Serves</li> <li>• Tactical Awareness</li> <li>• Small Sides Tournament</li> <li>• Mini Tournament &amp; Assessment</li> </ul>	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources</b></p> <p><u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a> Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.</p> <p><u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport. <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p> <p><u>Theme : Nutrition and diet</u> <a href="https://www.youtube.com/watch?v=GyxAGh7cVxo">https://www.youtube.com/watch?v=GyxAGh7cVxo</a> Watch this clip , from the above theme and apply something that you have learned from the clip to your next lesson.</p>	

	<p><b>Participation</b></p> <p><b>Football &amp; Invasion Games</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> <li>• Recap of the key rules</li> <li>• Introduction of tactics</li> <li>• Competitions &amp; Tournaments</li> </ul>			
<p><b>Spring 2 &amp; Summer 1</b></p> <p><b>Performance</b></p> <p>Football Rounders</p> <p><b>Participation</b></p> <p>Basketball Table Tennis</p>	<p><b>Performance</b></p> <p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Rules</li> <li>• Ball Control</li> <li>• Shooting Techniques</li> <li>• Small Sided Games</li> <li>• Refereeing/ Officiating</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Rounder's</b></p> <ul style="list-style-type: none"> <li>• Recap of Key Rules</li> <li>• Fielding</li> <li>• Batting</li> <li>• Bowling</li> <li>• Positional Roles</li> <li>• Tactical Awareness</li> <li>• Mini Tournament &amp; Assessment</li> </ul> <p><b>Participation</b></p> <p><b>Basketball &amp; Table Tennis</b></p> <ul style="list-style-type: none"> <li>• Introduction to the sport</li> </ul>	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p><b>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</b></p> <p><b>Optional homework tasks and Literacy resources</b></p> <p><u>GCSE PE Students</u> Use the GCSE PE Practical Assessment guide below to complete a self-assess on your ability in each sport <a href="https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf">https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf</a> Pay particular attention to the Core and Advanced skills, as well as Decision making and tactical awareness.</p> <p><u>BTEC Sport Students</u> Download the qualification summary from the below link, use page 34 to complete a self-assessment on your ability to participate in sport.  <a href="https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html">https://qualifications.pearson.com/en/qualifications/btec-tech-awards/sport-2022.html</a></p> <p>Theme : Career in sport <a href="https://www.youtube.com/watch?v=o3mRh2QeZXE">https://www.youtube.com/watch?v=o3mRh2QeZXE</a></p>	

	<ul style="list-style-type: none"><li>• Recap of the key rules</li><li>• Introduction of tactics</li><li>• Competitions &amp; Tournaments</li></ul>		Watch this clip, from the above theme and apply something that you have learned from the clip to your next lesson.	
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