

CURRICULUM SEQUENCING; PE *Serviam; Developing our gifts and talents for the good of others.*

Academic Year  <u>Year; 11</u>	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
<p><b>Autumn A/B</b></p> <p><b>Focus on health &amp; wellbeing, enjoyment of sport and exercise; the yr11 curriculum is designed to support students mental &amp; physical health and to offer some stress relieve by encouraging fun and enjoyment, social play and physical effort.</b></p>	<p><b>2 x single lessons per week</b></p> <p>Practical options in a recreational session; students can choose their activity for the lesson. Options available are changed weekly due to space available;</p> <p>Rock climbing The use of the gym / fitness Trampoline Badminton / Volleyball Dodgeball / Benchball</p>	<p>Skills; Each activity offers the opportunity to work on the skills required for that sport.</p> <p>Students can choose to play recreationally or to add competitive elements.</p>	<p><b>No EMB grade for this- they are given an effort grade.</b></p>

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<p><b>Spring A/B</b></p>	<p>Practical options in a recreational setting - mindfulness and meditation techniques are explored in this term. Students are also shown ways to look after their stress relief at home through exercise.</p> <p>(Links to mental health &amp; diet / nutrition)</p> <p>Rock climbing The use of the gym / fitness Walking / jogging Badminton Dodgeball / Benchball Basketball Cycling</p>	<p>Skills;</p> <ul style="list-style-type: none"> <li>* Mindfulness</li> <li>* Stress relief techniques</li> <li>* Physical skills to improve fitness</li> <li>* Social skills in play</li> </ul> <p>Each activity offers the opportunity to work on the skills required for that sport. Students can choose to play recreationally or to add competitive elements.</p>	<p><b>No EMB grade for this- they are given an effort grade.</b></p>
<p><b>Summer A up until study leave.</b></p>	<p>Practical options are modified in the summer term;</p> <p>Rounders Cricket / Kwik cricket Dodgeball / Benchball Athletic events Aerobics / HITT sessions Sports Leadership</p>	<p>Skills;</p> <ul style="list-style-type: none"> <li>* striking &amp; fielding skills</li> <li>* teamwork</li> <li>* organisation</li> <li>* use of voice</li> <li>* communicational skills</li> <li>* ability to listen effectively</li> <li>* physical skills to improve core fitness</li> </ul>	<p><b>No EMB grade for this- they are given an effort grade.</b></p>