

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

Academic Year	Content. Unit title and brief outline of content.	Skills taught in each unit.	Assessment – what knowledge and skills will be assessed and how?
<u>Year; 11</u>	2 x single lessons per week		
Autumn A/B Focus on health & wellbeing, enjoyment of sport and exercise; the yr11 curriculum is designed to support students mental & physical health and to offer some stress relieve by encouraging fun and enjoyment, social play and physical effort.	<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>No EMB grade for this- they are given an effort grade.</p>

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<p>Spring A/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 & 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"> * Mindfulness * Stress relief techniques * Physical skills to improve fitness * Social skills in play <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>No EMB grade for this- they are given an effort grade.</p>
<p>Summer A up until study leave.</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"> * striking & fielding skills * teamwork * organisation * use of voice * communicational skills * ability to listen effectively * physical skills to improve core fitness 	<p>No EMB grade for this- they are given an effort grade.</p>