**Year 11 - Physical Education Curriculum Overview 2025/26**

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| **YR**  **11** | | **Autumn 1** | | **Autumn 2** | | **Spring 1** | **Spring 2** | | **Summer 1** | | **Summer 2** | |
| **Content** | | **Invasion Games**  *(suggested activities)*   * Football * Basketball * Tag Rugby | | **Net / Wall Games**  *(suggested activities)*   * Badminton * Pickleball | | **Health & Fitnes**  *(suggested activities)*   * Circuit Training * Fitness Challenges | **Targeting Games**  *(suggested activities)*   * Curling * Dodgeball * Darts * Boules | | **Athletics**  *(suggested activities)*   * Track & Field Events | | **Striking & Fielding**  *(suggested activities)*   * Rounders * Cricket | |
| **Key new knowledge** | Performing high-level attacking and defensive skills, such as precision passing and pressing, in competitive matches.  Adapting tactics dynamically during gameplay to respond to opponents’ evolving strategies.  Taking a leadership role in organising and implementing advanced team strategies during gameplay.  Evaluating both personal and team performances to refine tactics and optimise results. | | Executing advanced strokes, such as spinning serves and deceptive shots, with precision and confidence.  Adjusting gameplay tactics mid-match to counter opponents' evolving strategies effectively.  Mentoring peers by providing constructive feedback on their technical and tactical gameplay.  Leading matches by organising and officiating games, ensuring fair play and effective communication. | | Leading fitness sessions, demonstrating proper technique and providing detailed constructive feedback.  Designing, evaluating, and adapting fitness programmes to meet personal or team goals.  Explaining the long-term benefits of regular exercise on physical, mental, and social well-being.  Applying knowledge of lifestyle factors, such as nutrition and stress management, to optimise | | | Consistently performing advanced throws and catches under pressure in competitive games.  Adapting team tactics dynamically to respond to opponents’ gameplay and optimise success.  Providing in-depth analysis and constructive feedback to peers to refine technical and tactical execution.  Organising and officiating targeting games, ensuring adherence to rules and sportsmanship. | | Achieving high-level performances in running, jumping, and throwing events during competitive settings.  Leading athletics training sessions, focusing on technical improvement and skill development.  Providing detailed analysis of personal and team relay strategies to improve coordination and efficiency.  Evaluating athletic performances and refining training approaches to achieve optimal outcomes. | | Consistently influencing games with advanced batting, bowling, and fielding skills.  Mentoring peers with detailed feedback to improve their game performance and tactical decision-making.  Officiating games, ensuring fair play, effective communication, and understanding of advanced rules.  Analysing personal and team performances to refine strategies and enhance both offensive and defensive outcomes. | |
| **Assessments** | |  | |  | |  |  | |  | |  | |