



Curriculum Plans - Year 11 - Physical Education

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 11 in Key Stage 4.

through Year 11 in Key Stage 4.								
	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7	
	Volleyball/	Badminton/	Tennis	Floor Hockey	Handball	Ultimate Frisbee	Cricket, Athletics,	
	Adventure Days	Swimming					Sports Days &	
			Technical/Tactic	Technical/Tactic	Technical/Tact	Technical/Tactic	BISL Olympics	
	Technical/Tactical:	Technical/Tactical:	al: service,	al: passing,	ical: passing,	al: passing,		
	underhand serve,	service, drop shot,	forehand,	receiving,	receiving,	footwork,	Technical/Tactical:	
	dig, set, spike and	and playing to	backhand,	dribbling,	dribbling,	shooting,	passing, receiving,	
	play to space.	space. Students	volley, and	finishing, and	finishing, and	positional play,	striking, and	
	Students will produce balance,	will produce balance, agility,	playing to space. Students will	making decisions under	making decisions	marking, defending, and	feilding. Students will	
	agility, coordination,	coordination,	produce	pressure.	under	decision	produce speed,	
	power, and	power, and	balance, agility,	Students will	pressure.	making.	agility, and	
	improved reaction	improved reaction	coordination,	produce speed,	Students will	Students will	improved reaction	
	time.	time.	power, and	agility, power,	produce	produce agility,	time.	
			improved	and improved	speed, agility,	balance, and		
	Psychological:	Psychological:	reaction time.	reaction time.	power, and	improved	Psychological:	
	positive approach to	positive approach			improved	coordination.	positive approach	
	play and	to play and	Psychological:	Psychological:	reaction time.		to play and	
	concentration.	concentration.	positive	positive	Davida da ataula	Psychological: positive	concentration.	
	Social: working independently and	Social: working	approach to play and	approach to play and	Psychological: positive	approach to play	Social: teamwork	
	communicating	independently,	concentration.	concentration.	approach to	and	and managing	
	rules.	communicating	concentration.	concentration.	play and	concentration.	success and failure.	
	Students will analyse	rules.	Social: working	Social:	concentration.			
	their technique and		independently	teamwork and		Social: teamwork	Students will	
	improve their	Students will	and	managing	Social:	and managing	produce throwing	
	performance	analyse their	communicating	success and	teamwork and	individual	and catching in	
	making contact	technique and	rules.	team failure.	managing	success and	isolation and in	
	contact with the	improve their	C	C	success and	failure.	combination as	
	volleyball, using	performance	Students will	Students will	team failure.		well as apply	
Topic	underarm and overarm techniques	making contact with the shuttle,	analyse their technique and	participate in team games	Students will	Students will	balance, agility and coordination.	
	and will use and	using underarm	improve their	using and	participate in	participate in	Students will apply	
∟	develop a variety of	and overarm	performance	developing a	team games	team games using and	these skills in co-	
	tactics and strategies	techniques.	making contact	variety of tactics	using and	developing a	operative and	
	to overcome	Students will use	contact with the	and strategies to	developing a	variety of tactics	competitive	
	opponents in team	and develop a	tennis ball, and	overcome	variety of	and strategies to	physical activities.	
	and individual	variety of tactics	using	opponents.	tactics and	overcome		
	games. Students will	and strategies to	forehandand,		strategies to	opponents.	Students will	
	analyse their serving	overcome	backhand and	The working	overcome		analyse their performances	
	technique. Students take part in	opponents in team and individual.	volley techniques.	world:	opponents.	Keep it green,	compared to	
	further outdoor and	Students will	Students will use	discussion on	Opportunities	keep it clean:	previous ones and	
	adventurous	analyse their	and develop a	innovations in	for everyone:	discussion on	demonstrate	
	activities in a range	serving technique.	variety of tactics	sport.	discussing	ways	improvement to	
	of environments		and strategies to		proactive	professional	achieve their	
	which present	Students will swim	overcome		behaviours	sports are going green.	personal best with	
	intellectual and	competently and	opponents in		that make	green.	running, jumping,	
	physical challenges	confidently using a	team and		people from all		and throwing	
	and which	range of strokes	individual.		backgrounds		through a range of	
	encourage pupils to	over a distance of	Students will		feel welcome.		athletics	
	work in a team, building on trust and	at least 25 metres. Students can	analyse their serving				competitions during sports days.	
	developing skills to	perform safe self-	technique.				uuring sports days.	
	solve problems,	rescue in different	teeningue.				Healthy body:	
	either individually or	water-based	Better together:				healthy mind:	
	as a group.	situations.	discussions on				discussions on the	
	Planning for	World around us:	identifying				relationship	
	tomorrow:	discussions on	injustices in the				between nutrition,	
	discussions of how	Black History	world of sports.				exercise, sleep	
	sporting facilities	Month and					patterns and	
	and sporting events	athletes who used					mental health.	
	are turning towards	sport for positive						
	clean energy.	social change.	<u> </u>		<u> </u>			





Assessments	Volleyball Assessment	Badminton Assessment Swimming Assessment	Tennis Assessment	Floor Hockey Assessment	Handball Assessment Fitness Assessment	Ultimate Frisbee Assessment	Cricket Assessment Athletics Assessment