

Curriculum Map: Core PE Year 11

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content Declarative knowledge 'I Know'	1. Rugby 2. Football 3. Netball 4. Gymnastics 5. Badminton 6. Basketball 7. Table Tennis 8. Fitness/Lifestyle		1. Football 2. Netball 3. Gymnastics 4. Badminton 5. Basketball 6. Table Tennis 7. Fitness/Lifestyle			
	**Students are part of the decision-making process as to what activity is delivered. This can be group dependent.		**Students are part of the decision-making process as to what activity is delivered. This can be group dependent.			
Skills Procedural Knowledge 'I know how to'	Tackle complex and demanding physical activities Develop technique and improve performance Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Use and develop a variety of tactics and strategies to overcome opponents in team and individual games		Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best Encourages pupils to be creative, solve problems, and plan for the future Demonstrate improvement to achieve their personal best Engage in a range of physical activities to promote and manage their physical activity and health into adulthood			
Strategies Conditional Knowledge 'I know when to'	Use and develop a variety of tactics and strategies to overcome opponents in team and individual games Develop their technique and improve their performance in other competitive sports		Encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group. Understand the importance of physical activity and its associated benefits, such as increased mobility and better mental health			
Key Questions	Can you take on the role of coach to improve an individual or team performance? List the strengths and weaknesses of a individual or team		Can you take on different leadership roles? Do you understand the importance of living a healthy active lifestyle? Do you understand the post 16 drop off in sport and what measures could you put in place to prevent this?			
Assessment topics	Throughout each activity students' performance will be observed in the following: <ul style="list-style-type: none"> -Leadership - Knowledge & understanding - Analysis - Decision making - Tactical 					

- Effort
- Resilience
- Respect
- Motivation
- Commitment
- Skill Development
- Skill Application
- Fitness levels
- Technique
- Competitiveness

Their attitude and progress will be measured using Satisfactory/Good/Outstanding

Cross curricular links/Character Education

Literacy - Oracy when communicating with others.

Numeracy - Scoring and running of tournaments.

Teamwork: overcoming conflict, communication, working with others

Problem Solving - critical thinking.

Resilience when learning / performing a new skill / event / match Creativity,
Leadership Confidence

Extra-curricular – clubs & fixtures