

# Year 11

## Topic Overview PE



<b>Autumn Term</b>	
<b>Topic 1</b>	<b>Health Related Fitness &amp; Circuits</b>
<b>Topic 2</b>	<b>Invasion Games (Rugby)</b>
<b>Spring Term</b>	
<b>Topic 3</b>	<b>Trampolining</b>
<b>Topic 4</b>	<b>Striking and fielding—Cricket &amp; Table Cricket</b>
<b>Summer Term</b>	
<b>Topic 5</b>	<b>Net Games—Tennis</b>
<b>Topic 6</b>	<b>Athletics</b>

# Year 11 Topic Overview Descriptions PSHE



## Autumn Term

<b>Topic 1</b>	This unit will introduce learners to a range of exercise and fitness classes and ways in which a person can keep fit. The main aim of the unit is for learners to participate actively in these exercise and fitness sessions so that they understand what each entails. The unit should also give learners the confidence to participate in exercise and fitness sessions by themselves in the future. This will help to give learners the confidence and knowledge of different types of exercise and fitness classes to support progression into the health and fitness industry. They will take part in a number of different fitness tests including the Cooper Run, Bleep Test, Sit and Reach Test, Grip test and Standing long jump. Students will look at aerobic and anaerobic fitness and develop their understanding of this by planning their own fitness programme.
<b>Topic 2</b>	Students will be developing their skills in throwing and catching and learning the different types of passes in rugby. Students will be learning the punt, drop and place kick as well as how to attack and defend. Students will be using the rules of rugby to compete in games. They will be analysing and evaluating their own performance and the performance of others and suggest how they could improve their skills and techniques.

## Spring Term

<b>Topic 3</b>	Students will be improving their Trampolining skills. They will continue to practise their seat drop, back drop, front drop, tuck, straddle and pike as well as different turns. Students will practise and perform continuous sequences to create a routine of at least 8 bounces and evaluate their performance. More able students will begin to perform somersaults.
<b>Topic 4</b>	Students will refine perform, develop and incorporate the skills of throwing, catching and re-retrieving on the move, Spin Bowling, Backward drive, Lofted drive, and Wicket – keeping.

## Summer Term

<b>Topic 5</b>	Students will demonstrate their forehand and backhand grip and technique. They will perform the forehand and backhand push and drive show with consistency. They will begin to select and apply skills and techniques to achieve success in competitive singles and doubles games.
<b>Topic 6</b>	Students will analyse their own and others performance and attempt to give advice on techniques to other students in order to improve their results. Students will demonstrate a sound knowledge of the rules in relation to different athletic events such as javelin, shot put and relay.