



Physical Education Curriculum Overview - Year 11

	Unit	Details
Autumn One	Badminton Basketball	Having developed a range of skills and strategies pupils will be able to organise their own games and tournaments, whether singles or doubles. They will be able to play competitively, but also in a recreational situation, where they can use the skills learnt to continue with physical activity. Pupils will develop and use a variety of tactics and strategies to overcome opponents in team games.
Autumn Two	Fitness Dance	Pupils will develop their technique and improve their performance dance activities where appropriate. They will evaluate their performances and demonstrate improvement across a range of physical activities to achieve their personal best
Spring One	Volleyball	Linking strategies and tactics from other net/wall games pupils will have developed skills to perform competitively in volleyball so they can continue to participate outside of school if they want to.
Spring Two	Badminton Basketball	Having developed a range of skills and strategies pupils will be able to organise their own games and tournaments, whether singles or doubles. They will be able to play competitively but also in a recreational situation where they can use the skills learnt to continue with physical activity. Pupils will use and develop a variety of tactics and strategies to overcome opponents in team games.
Summer One	Rounders Football Kwik cricket	Pupils will have the opportunity to play games from the skills learnt and put strategies into practice from skills learnt in previous years.