

CURRICULUM MAP:
GIRLS PE
YEAR 11



ST JAMES'
CATHOLIC HIGH SCHOOL

						EOY Assessment Point								
						HT6: Athletics Track / Rounders								
						HT5: Athletics Field/ Rounders								
						HT4: Table Tennis/ Dodgeball								
						HT3: Football / Handball								
						HT2: Fitness/ Badminton								
						HT1: Netball/Hockey								
						<p>Overarching unit intent:</p> <p>Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle.</p> <p>Netball: Re-visit skills learnt in Year 10. Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.</p> <p>Hockey: Re-visit skills learnt in Year 10. Apply these skills in full competitive games developing a variety of</p>	<p>Overarching unit intent:</p> <p>Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle.</p>	<p>HT1 & HT2</p> <p>Individuals are allowed to develop their performance in the activity of their choice from badminton / table tennis and football / handball with the aim of developing their technique and improving their performance. Engage in competitive games and sport.</p> <p>Key disciplinary knowledge</p> <p>Demonstrate improvement across the activities of their choice and evaluate their performance compared to previous ones.</p>	<p>Overarching unit intent:</p> <p>Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle.</p> <p>Re-visit skills learnt in Year 10.</p> <p>Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.</p> <p>Handball</p> <p>Re-visit skills learnt in Year 10.</p> <p>Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.</p>	<p>Overarching unit intent:</p> <p>Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle.</p> <p>Dodgeball: Applying throwing and catching skills from KS3. Developing agility, attacking and defensive skills within the game. Apply the knowledge of the rules to the game.</p> <p>Table Tennis:</p> <p>Grip of bat, Backhand push shot, basic serve technique and rules, conditioned games, full games. Develop technique and improve performance to outwit opponent. Forehand drive.</p>	<p>Assessment Point: Summative or AFL</p> <p>HT3 and HT4 (with elements of HT1 and HT2)</p> <p>Individuals are allowed to develop their performance in the activity of their choice from basketball / table tennis and football / handball with the aim of developing their technique and improving their performance. Engage in competitive games and sport.</p> <p>Key disciplinary knowledge</p> <p>Demonstrate improvement across the activities of their choice and evaluate their performance compared to previous ones.</p> <p>Key Concepts</p> <p>Embed physical development and skills learnt,</p>	<p>Overarching unit intent:</p> <p>Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle.</p> <p>Athletics track</p> <p>Re-visit skills learnt in Year 10.</p> <p>60m, 100m, 150m, 200m, 300m, 400m, 800m.</p> <p>Rounders</p> <p>Re-visit skills learnt in KS3</p> <p>Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.</p>	<p>Overarching unit intent:</p> <p>Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle.</p> <p>Athletics Field</p> <p>Re-visit skills learnt in Year 10.</p> <p>60m, 100m, 150m, 200m, 300m, 400m, 800m.</p> <p>Rounders</p> <p>Re-visit skills learnt in HT5</p> <p>Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.</p>	<p>HT1 – HT6</p> <p>Individuals are taught in mixed ability groups for athletics and softball.</p> <p>Key Disciplinary Knowledge</p> <p>Understand what makes a performance effect and how to apply these principles to their own and others work.</p> <p>Key Concepts</p> <p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Engage in competitive games and sport.</p> <p>Cross curricular links</p> <p>Maths, Science, CPHCE, Food and Nutrition.</p>



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<p>tactics and strategies to overcome opponents.</p>		<p>Key Concepts</p> <p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Compete in activities that build character and help to embed values such as fairness and respect.</p>			<p>Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Compete in activities that build character and help to embed values such as fairness and respect.</p>			
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