

CURRICULUM MAP:  
BOYS PE  
YEAR 11



ST JAMES'  
CATHOLIC HIGH SCHOOL

												EOY Assessment Point	
										HT6: Athletics Track / Softball		HT1 – HT6	
										HT5: Athletics Track / Softball		Individuals are taught in mixed ability groups for athletics and softball.	
										Overarching unit intent:		<u>Key Disciplinary Knowledge</u>	
										Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle. Engage in competitive games and sport.		Understand what makes a performance effect and how to apply these principles to their own and others work.	
										Athletics track		<u>Key Concepts</u>	
										Re-visit skills learnt in HT5 to achieve their personal best.		Embed physical development and skills learnt,	
										60m, 100m, 150m, 200m, 300m, 400m, 800m.		Develop technique and improve performance.	
										Softball		Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities.	
										Re-visit skills learnt in Y10.		Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle.	
										Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.		<u>Engage in competitive games and sport.</u>	
										Demonstrate improvement across the activities of their choice and evaluate their performance compared to previous ones.		<u>Cross curricular links</u>	
										<u>Key Concepts</u>		Maths, Science, CPSHCE, Food and Nutrition.	
										Embed physical development and skills learnt, Develop technique and improve performance.			
										Tackle complex and demanding physical activities that develop personal fitness and promote an active health lifestyle. Engage in competitive games and sport.			
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<p>Re-visit skills learnt in Y10.</p> <p>Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents.</p> <p>Badminton</p> <p>Re-visit skills learnt in Y10.</p> <p>Apply these skills in full competitive games developing a variety of tactics and strategies to overcome opponents, including doubles matches.</p>		<p><b>Key Concepts</b></p> <p>Embed physical development and skills learnt,</p> <p>Develop technique and improve performance.</p> <p>Understand what makes a performance effective,</p> <p>Self / peer assessment,</p> <p>Engaging in competitive sports and activities.</p> <p>Pupils expected to know, apply and understand the skills and process for each sporting activity.</p> <p>Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle.</p> <p>Compete in activities that build character and help to embed values such as fairness and respect. <b>Engage in competitive games and sport.</b></p> <p><b>Engagement and Behaviour:</b></p> <p>Clear routines provide calm learning environment</p> <p>Lessons are paced appropriately</p> <p>Teachers engage the children through the</p>	<p>to overcome opponents.</p>		<p>Understand what makes a performance effective,</p> <p>Self / peer assessment,</p> <p>Engaging in competitive sports and activities.</p> <p>Pupils expected to know, apply and understand the skills and process for each sporting activity.</p> <p>Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle.</p> <p>Compete in activities that build character and help to embed values such as fairness and respect. <b>Engage in competitive games and sport.</b></p> <p><b>Engagement and Behaviour:</b></p> <p>Lessons are paced appropriately</p> <p>Teachers engage the children through the passion and love for their subject</p> <p><b>Adaptive Teaching:</b></p> <p>All activities are accessible</p> <p><b>Deepening Knowledge and Understanding:</b></p>			<p><b>Developing Global Catholic Citizens:</b></p> <p>Pupils are kind, considerate and fair to peers</p> <p>The classroom is inclusive to all needs</p> <p>Careers in sport discussed, please see attached</p>
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CATHOLIC HIGH SCHOOL

		<p>passion and love for their subject</p> <p><b>Adaptive Teaching:</b></p> <p>All activities are accessible</p> <p>Careers in sport discussed, please see attached</p>			<p>Teachers model deep understanding of their subject</p> <p>Prior learning is built upon as well</p> <p>Questioning is used effectively</p> <p><b>Assessment and Feedback:</b></p> <p>Questioning is used to check understanding</p> <p>Different feedback methods are used to secure progress</p>			
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**ST JAMES'**  
CATHOLIC HIGH SCHOOL

Catholic Life of the School:

**Catholic Life of the School:**

The Physical Education department ensure our children strive to perform as global Catholic Citizens and demonstrate their faith through the manner in which they treat one another demonstrating skills and qualities such as respect, compassion, team work and leadership.

In Physical Education our pupils are taught the lesson of 'solidarity', this is demonstrated through working together as a team.

Pupils are also taught the lesson of 'rights and responsibilities', this is demonstrated when pupils are given certain roles with a team and to know their rights and responsibilities.

Pupils are also tasked with 'participation', we expect all children to participate during lessons to the best of their ability to reach their full potential.





Extended Reading	
<b>Half Term 1</b> Fitness and Table Tennis/ Badminton	Bullying/mental health- Corrie actor Colson Smith: 'I've been trolled over my weight for 10 years' <a href="https://www.bbc.co.uk/news/newsbeat-57234368">https://www.bbc.co.uk/news/newsbeat-57234368</a> Tips for first-time runner <a href="https://www.bbc.co.uk/news/newsbeat-55996596">https://www.bbc.co.uk/news/newsbeat-55996596</a> Guinness World Records Day: Try our record-breaking fitness quiz <a href="https://www.bbc.co.uk/sport/54250925">https://www.bbc.co.uk/sport/54250925</a>
<b>Half Term 2</b> Football and Handball	Handball - fact file <a href="https://www.bbc.co.uk/bitesize/guides/zxspfrd/revision/1">https://www.bbc.co.uk/bitesize/guides/zxspfrd/revision/1</a> Handball - essential skills and techniques <a href="https://www.bbc.co.uk/bitesize/guides/z32qmnrb/revision/1">https://www.bbc.co.uk/bitesize/guides/z32qmnrb/revision/1</a>
<b>Half Term 3</b> Table Tennis and Basketball	Basketball – fact file <a href="https://www.bbc.co.uk/bitesize/guides/z8w8j6f/revision/1">https://www.bbc.co.uk/bitesize/guides/z8w8j6f/revision/1</a> Basketball - essential skills and techniques <a href="https://www.bbc.co.uk/bitesize/guides/zy4r9qt/revision/1">https://www.bbc.co.uk/bitesize/guides/zy4r9qt/revision/1</a>
<b>Half Term 4</b> Football and Handball	Alex Scott: How to make it as a pundit <a href="https://www.bbc.co.uk/bitesize/articles/zjrgpg8">https://www.bbc.co.uk/bitesize/articles/zjrgpg8</a>
<b>Half Term 5</b> Athletics Track and Softball	Kamila Valieva: What is trimetazidine - the drug at the centre of the Beijing Olympics doping scandal? <a href="https://news.sky.com/story/kamila-valieva-who-is-the-15-year-old-russian-figure-skater-at-the-centre-of-the-beijing-olympics-doping-scandal-12538895">https://news.sky.com/story/kamila-valieva-who-is-the-15-year-old-russian-figure-skater-at-the-centre-of-the-beijing-olympics-doping-scandal-12538895</a>
<b>Half Term 6</b> Athletics Track and Softball	Working in sports: Q&A panel with Max Whittle <a href="https://www.bbc.co.uk/bitesize/articles/zmywjsq">https://www.bbc.co.uk/bitesize/articles/zmywjsq</a>