PE Curriculum Map: Year 11

FOOTBALL



We want students to leave Glebe School with a good understanding of how they can have a healthy lifestyle and find out what sports and activities they enjoy and may want to continue into adulthood. Students choose from a selection of sports (not necessarily in this order) and enjoy playing the game/participating in the activity and learn how being physical is good for their physical and emotional wellbeing.

Skill development:

- . More advanced skills
- Rules
- **Tactics**
- Umpiring/refereeing



HANDBALL



Skill development:

- More advanced skills
- Rules
- **Tactics**
- Umpiring/refereeing



AUTUMN TERM

Skill development:

- More advanced skills
- Rules
- **Tactics**
- Umpiring/refereeing

BASKETBALL

DANCE

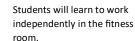
Skill development:

- Dance Central Improvisation
- Choreography
- Performance skills

Skill development:

- Dribbling
- **Passing**
- Shooting Defense
- Rules





SPRING TERM

FITNESS



- Volley/set shot
- Dig
- Serve
- Block Spike
- Rules and tactics







Skill development:

- Forehand Backhand
- serve

BADMINTON



Students will learn different training methods:

- Circuit training
- Strength and conditioning
- Boxing
- Yoga/Pilates





SUMMER

TERM

Skill development:

Throwing Catching

Batting



Skill development:

- Throwing
- Catching
- Defending
- Attacking

FOOTBALL



TABLE TENNIS

Skill development:

- Forehand
- Backhand
- Serve
- Smash
- Rules

FITNESS

learn:

Health and fitness

 Understand influences on healthy lifestyles

In all activities, students will

 Plan exercises to develop fitness components

Problem solving and social

- Work collaboratively
- Lead a larger group

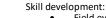
Analysis

- Comment and evaluate performances
- Compare performances
- Identifying faults in improvement and enact on them

Skill Development

Refine skills learned in Year 7,8,9 and 10

CRICKET



Field events Throwing - Shot put, Javelin, Discus



Skill development

- Forehand
- Backhand
- Volley
- Serve
- Rules and tactics

Skill development: Throwing

- Catching
- Bowling
- **Batting**
- Fielding
- Tactics



Skill development:

- Track events
- Sprint
- Middle distance
- Relay









ROUNDERS

