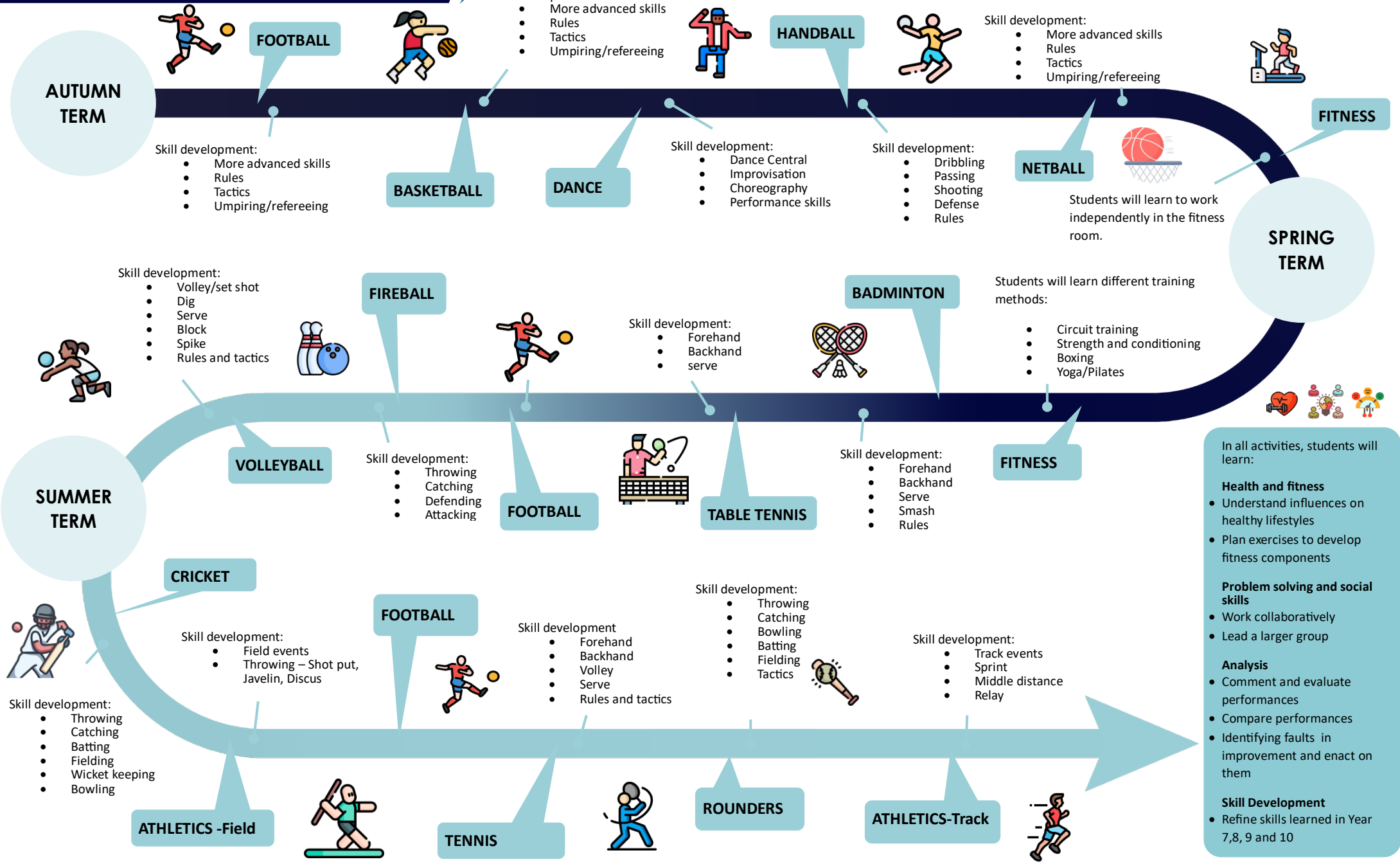


PE Curriculum Map: Year 11

Year 11 students have two core PE lessons per week.

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.



In all activities, students will learn:

- Health and fitness**
 - Understand influences on healthy lifestyles
 - Plan exercises to develop fitness components
- Problem solving and social skills**
 - 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