



Department: PE

Year Group: 11 Core PE

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn and Spring term	Badminton	To be able to take part in both singles and doubles games To know and understand tactics surrounding both singles and doubles To be able to umpire and score games	Skills in isolation and game play	<p>Extracurricular clubs for a wide range of sports and activities</p> <p>Opportunities to take part in competitions at different levels :</p> <ul style="list-style-type: none"> • Interform • Local city • Local LSSP • County <p>Leadership opportunities in extracurricular clubs</p>
	Fitness suite	To know and understand how cardiovascular training can affect heart rate and training zone To know and understand how to use reps and sets effectively with resistance machines and free weights To be able to select the correct challenge for them as an individual in different areas of the gym To be able to plan and take part in a 6-week training programme with some level of independence	<p>Ability to use both weight and cardio machines effectively</p> <p>Ability to challenge themselves at the right level</p>	
	Volleyball	To be able to perform the volleyball skills in isolation and in competitive situations To know and understand basic volleyball tactics and be able to apply these to games To know and understand volleyball rules and be able to apply these to games	Skills in isolation and game play	
	Basketball	To know and understand triple threat To know and understand basketball rules and be able to apply these to different situations To know basic tactics of the game	Skills in isolation and game play	

	Fitness	To develop technique from a variety of different exercises classes To be able to adapt a variety exercises to suit their needs To know and understand exercises linked to different classes	Ability to perform different fitness exercises and start to understand the format of different classes	
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