

Curriculum Summary Document

Year 11 – Physical Education

Module/Unit of Learning	Taught During	What will students learn?	How does this support students to lead healthy, active lives into adulthood?	Links to other Subjects
Invasion Games & Team Sports	Autumn Term	<p>Students refine advanced tactical decision-making in invasion games such as rugby and football. They develop leadership, communication and resilience while applying strategies in more demanding game situations.</p> <p>Students build confidence working both independently and collaboratively to solve problems in active contexts.</p>	<p>Students build confidence in participating socially and competitively, supporting long-term engagement in community and recreational sport.</p> <p>They understand how regular team activity promotes physical fitness, stress management and positive social wellbeing—key habits for an active adult life.</p>	<p>Oracy: developing precise spoken explanation</p> <p>Science: understanding long-term effects of exercise on the body</p>
Net/Wall Games & Physical Training	Autumn/Spring Term	<p>Students improve technical control and tactical awareness in sports such as badminton and pickleball. Alongside this, they engage in structured physical training to understand how aerobic and strength-based exercise supports health.</p> <p>Students learn how to plan safe, effective activity sessions tailored to their own needs.</p>	<p>Students gain knowledge of how to structure exercise routines, monitor intensity and make informed choices about activity.</p> <p>These skills empower them to maintain personal fitness beyond school and take responsibility for sustaining a healthy lifestyle into adulthood.</p>	<p>Maths: using performance data to track progress</p> <p>PSHE: making healthy lifestyle and wellbeing decisions</p>
Striking/Fielding & Athletics	Spring/Summer Term	<p>Students further develop accuracy, coordination and teamwork through cricket and rounders. In athletics, they refine pacing, sprinting, throwing and jumping techniques.</p> <p>They explore how to track personal progress, understand training demands and practise maintaining motivation through physical challenge.</p>	<p>Students strengthen independence in managing performance goals and reflecting on their physical needs.</p> <p>By exploring varied activity types, they leave school with the confidence and competence required to stay active, motivated and health-conscious throughout adult life.</p>	