Physical Education Year 11 Curriculum Overview

What is the Year 11 Sport Science curriculum aiming to achieve?		
What do we want our Year 10 Sportspeople to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
• To have a students who are: • Resilient and Confident learners. • Inquisitive Problem Solvers. • Have a passion for sport. • Can apply the theory of sport in a sporting context.	• Sport Science is a new course in Year 10, however pupils will have covered elements within KS3 lessons. • Pupils will have knowledge and understanding of key health and fitness principles, during KS3 Core PE lessons. • Pupils will have studied fitness units during KS3.	• Encourage your child to sign up / play for a sports team / activity outside school. • Show an interest in the extra-curricular activities offered at school and encourage them to take part. • Take part in physical exercise with your child e.g. walk / run / swim. Encourage them to take part in a minimum of 20 minutes exercise per day.

How are we organising the Year 11 Sport Science curriculum?						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Unit R181: Applying the principles of training: fitness and how it affects skill performance Topic Area 1: Components of fitness applied in sport	Unit R181: Applying the principles of training: fitness and how it affects skill performance Topic Area 2: Principles of training in sport	Unit R181: Applying the principles of training: fitness and how it affects skill performance Topic Area 3: Organising and planning a fitness training programme	Unit R181: Applying the principles of training: fitness and how it affects skill performance Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme	R182: The body's response to physical activity and how technology informs this. Topic Area 1: The cardio-respiratory system Topic Area 2: The musculo-skeletal system.	R182: The body's response to physical activity and how technology informs this. Topic Area 3: Short-term effects of exercise. Topic Area 4: Long-term effects of exercise.
Threshold Concepts	All TC taught throughout. Main focus: TC1, TC2, TC3, TC5, TC6	All TC taught throughout. Main focus: TC1, TC2, TC3, TC5, TC6	All TC taught throughout. Main focus: TC1, TC2, TC3, TC5, TC6	All TC taught throughout. Main focus: TC1, TC2, TC3, TC5, TC6	All TC taught throughout. Main focus: TC1, TC2, TC3, TC5, TC6	All TC taught throughout. Main focus: TC1, TC2, TC3, TC5, TC6
Skills	A:Develop a range of skills through involvement in sport and physical activity in different contexts and roles	B:Develop their ability to apply theoretical knowledge to practical situations	C: Gain a better understanding of the complexity of different areas of sport and the sports industry	D: Increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.	Skills A/B/C/D are taught throughout the entirety of the course.	Skills A/B/C/D are taught throughout the entirety of the course.
Enrichment within the curriculum	At Pershore High School there are a range of opportunities to participate in your favourite sport or to try out a new one. The school compete in the SWSSA District leagues, and enter teams into the County Cup Competitions. The department runs a highly popular inter-house competition calendar. Competitions usually take place at the end of each half-term, with additional competitions ran to complement national sporting weeks.					
Cross curricular links	We pride on our ability to incorporate extra-curricular links. We will be making links to Biology, Geography, Music, Maths and this will be integrated into our teaching. For example, we will be focusing on the body systems during the Health and Fitness unit of work. During the athletics unit, students measure distances, record times and heights and analyse numerical data in order to evaluate their own and others performances.					
Extra-curricular opportunities	Extra-curricular clubs and fixtures are offered during lunchtimes and after school, students will have the opportunity to train and play for a number of teams including: Netball, Hockey, Football, Rugby, Cross-country, Athletics, Rounders, Basketball, Dance, Cricket, Badminton, Trampo-lining, Tennis and Table Tennis. PHS actively promotes engagement within the community and has a number of school club links.					

What are the intended outcomes of the Year 11 Sport Science curriculum?						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Opportunities to show progress (Assessments)	R181: Coursework Assignments Internally marked / Externally moderated.	R181: Coursework Assignments Internally marked / Externally moderated.	R181: Coursework Assignments Internally marked / Externally moderated.	R181: Coursework Assignments Internally marked / Externally moderated.	R182: Coursework Assignments Internally marked / Externally moderated.	R182: Coursework Assignments Internally marked / Externally moderated.

Impact on personal development (SMSC)	During KS4 Core PE students will explore a wide variety of sporting activities with the majority of learning taking place through gameplay, conditioned games and competitions. Students are given option choices so that they participate in sports they enjoy and can then focus on developing and executing key tactics and strategies.
Preparation for the next stage of education	The KS4 Core PE Curriculum, has been designed to encourage the social elements of that the subject can offer. It is hoped that pupils will gain a positive experience of sport, and this will encourage a sporting habit for life. Those pupils who have opted for GCSE or Cambridge National Sport at KS4, will be able to carry on their study of sport at A Level or on the Level 3 Cambridge Technical Course.