

Sandbach School PE Curriculum:

Year 11 Core PE Curriculum Sequence

Intent: Maximising Participation & Developing Excellence, ensuring students maintain an interest and participation level that they are motivated to partake regularly

HT1 Invasion games/Racket sports/ Healthy and active lifestyles	HT2 Invasion games/Racket sports/ Healthy and active lifestyles	HT3 Invasion games/Racket sports/ Healthy and active lifestyles	HT4 Invasion games/Racket sports/ Healthy and active lifestyles/ Striking and fielding	HT5 Invasion games/Racket sports/ Healthy and active lifestyles/ Striking and fielding	HT6 Students have left
<p>Why this unit?</p> <p>Following from the previous year's activities, these activities allow students to continue to develop through the performance and participation pathways.</p> <p>These pathways are reassessed to ensure all students are able to make progress and are in the appropriate pathway.</p> <p>Performance pathway encourages students to take part in competitive scenarios across different sports and activities, promoting development of performance alongside stretching tactical knowledge in sport.</p> <p>Participation pathway aims to promote lifelong love of sport and physical activity, giving students opportunities across a variety of sports.</p> <p>Students who may begin to disengage with sport at this age are allowed selection of their activities with likeminded others with a broad spectrum of invasion games, rackets sports and healthy and active lifestyle pathways being offered all throughout the year</p> <p>These activities allow for healthy team/individual competitions between students of a wide spectrum of abilities.</p>	<p>Why this unit?</p> <p>Following from the previous year's activities, these activities allow students to continue to develop if they wish to do so. By having a 'opt in' rotation of sports we ensure all students are active at an age were students have previously become reluctant to partake.</p> <p>Performance pathway encourages students to take part in competitive scenarios across different sports and activities, promoting development of performance alongside stretching tactical knowledge in sport.</p> <p>Participation pathway aims to promote lifelong love of sport and physical activity, giving students opportunities across a variety of sports.</p> <p>Students who may begin to disengage with sport at this age are allowed selection of their activities with likeminded others with a broad spectrum of invasion games, rackets sports and healthy and active lifestyle pathways being offered all throughout the year</p> <p>These activities allow for healthy team/individual competitions between students of a wide spectrum of abilities.</p>	<p>Why this unit?</p> <p>Following from the previous year's activities, these activities allow students to continue to develop if they wish to do so. 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<p>Examples of activities used to deliver invasion games.</p> <p>Football, Hockey, Basketball, Multi cultural sports</p> <p>Examples of activities used to deliver racket sports.</p> <p>Badminton, Table Tennis, Rocket Ball</p> <p>Examples of healthy and active lifestyle sports</p> <ul style="list-style-type: none"> - Swim group (personal survival, kayaking, water polo, competitive swimming) - Gym groups (Cardio, weights, circuits) 	<p>Examples of activities used to deliver invasion games.</p> <p>Football, Hockey, Basketball, Multi cultural sports</p> <p>Examples of activities used to deliver racket sports.</p> <p>Badminton, Table Tennis, Rocket Ball</p> <p>Examples of healthy and active lifestyle sports</p> <ul style="list-style-type: none"> - Swim group (personal survival, kayaking, water polo, competitive swimming) - Gym groups (Cardio, weights, circuits) 	<p>Examples of activities used to deliver invasion games.</p> <p>Football, Hockey, Basketball, Multi cultural sports</p> <p>Examples of activities used to deliver racket sports.</p> <p>Badminton, Table Tennis, Rocket Ball</p> <p>Examples of healthy and active lifestyle sports</p> <ul style="list-style-type: none"> - Swim group (personal survival, kayaking, water polo, competitive swimming) - Gym groups (Cardio, weights, circuits) 	<p>Examples of activities used to deliver invasion games.</p> <p>Football, Hockey, Basketball, Multi cultural sports</p> <p>Examples of activities used to deliver racket sports.</p> <p>Badminton, Table Tennis, Rocket Ball</p> <p>Examples of healthy and active lifestyle sports</p> <ul style="list-style-type: none"> - Swim group (personal survival, kayaking, water polo, competitive swimming) - Gym groups (Cardio, weights, circuits) <p>Examples of striking and fielding activities</p> <p>Cricket, softball, box game</p>	<p>Examples of activities used to deliver invasion games.</p> <p>Football, Hockey, Basketball, Multi cultural sports</p> <p>Examples of activities used to deliver racket sports.</p> <p>Badminton, Table Tennis, Rocket Ball</p> <p>Examples of healthy and active lifestyle sports</p> <ul style="list-style-type: none"> - Swim group (personal survival, kayaking, water polo, competitive swimming) - Gym groups (Cardio, weights, circuits) <p>Examples of striking and fielding activities</p> <p>Cricket, softball, box game</p>	
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