

Curriculum Overview

Subject: PE
Year Group: 11



Students continue to develop their understanding of Outdoor Education planning and evaluating skills. The leadership skills introduced at KS3 will be further developed and enhanced in warm up situation and then a full lesson. Students will be taught the skills required to evaluate their lesson. Students will learn the various leadership styles and compare and contrast them. Those requiring to re sit the contemporary exam will be required to attend intervention sessions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS <u>Leadership</u> L1- Practical, developing leadership skills, leading warm ups, L2-Teaching plans and risk assessment L3-Teaching plans and risk assessment <u>After half term</u> L1 Practical, Teaching Lesson (most able first) L2 Practical, Teaching Lesson (most able first) L2 Teaching plans. <u>Intervention</u> Contemporary revision for Jan exam</p>	<p>KNOWLEDGE/SKILLS <u>Leadership</u> L1- Leadership styles L2- Evaluation of lessons L3- Leadership styles and improvement of teaching plans</p>	<p>KNOWLEDGE/SKILLS Course completed.</p>
<p>KEY ASSESSMENTS Half term 1: Self peer and teacher assessment of initial warm ups. Self and Teacher assessment of teaching plans and risk assessment Half term 2:Teacher assessment of teaching lessons and plans</p>	<p>KEY ASSESSMENTS Half term 1: Self and teacher assessment of Leadership styles, evaluation, plans and risk assessment Half term 2: Self and teacher assessment of Leadership styles, evaluation, plans and risk assessment</p>	<p>KEY ASSESSMENTS Half term 1: Moderator assessment of pupil practical CW and teacher witness statements. Half term 2:</p>

Extended reading suggestions and external resources:

Fun warm ups

- <https://www.youtube.com/watch?v=FK7DVEw6XA&list=PLazFewFrKf1ZOImeZIOr6ZbgPUA9eztEq>
- <https://www.youtube.com/watch?v=gAsYLeVhc5M>
- <https://www.youtube.com/watch?v=IPeWxni1D88>
- <https://www.youtube.com/watch?v=TnI0BjRNPAA>
- <https://www.youtube.com/watch?v=wU0ZglVROH8>
- <https://www.youtube.com/watch?v=G3tkNiWCCsA>
- <https://www.youtube.com/watch?v=w7Vj79izroY>

Static and dynamic stretches

- <https://www.youtube.com/watch?v=ij57OFjvwpk>
- <https://www.youtube.com/watch?v=HDfvWrGUKC8>
- https://www.youtube.com/watch?v=-xpVM_uRI3I
- https://www.youtube.com/watch?v=aW_JqSK-CgY

Coursework criteria, assessment templates and examples are available throughout the course