



PE Department

Y11 Curriculum and Assessment Map (girls)

	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Activities	Netball/Rugby	Badminton/Badminton	Gymnastics/Volleyball	Hockey/Basketball	Athletics	Rounders/Tennis
Fundamental Knowledge	<p>Netball:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y10 (Attacking and defensive centre pass tactics, officiating). -Know how to lead and coach a small group <p>Rugby:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y10 (types of passing, breakdown, strategies, positions). 	<p>Football:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y10 (volleying, goalkeeping, officiating). -Know advanced tactics and formations for 11 a side football. -Know how to head the ball in a game situation. -Know how to strike the ball with different parts of the foot to move it in different ways. <p>Badminton:</p> <ul style="list-style-type: none"> -Recap on Knowledge from Y10 	<p>Gymnastics:</p> <ul style="list-style-type: none"> - Recap on Knowledge from Y10 (Leading a warm up, execution of jumps on equipment, creation of flight routines) -Know how to choreograph routines including: travelling, rotation, jumps, flight and balances using equipment and mats. <p>Volleyball:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y10 (block shot, shot selection, importance of power and vertical jump ability, overhead serve) 	<p>Hockey:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y10 (V drag, penalty corners). - Knows the pulling technique to help build attacking play. -Understands the attacking and defensive principles of hockey in game play. <p>Basketball:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y10 (rebounding, man to man defence). -Know advanced defending techniques such as blocking and stealing. 	<p>Athletics:</p> <ul style="list-style-type: none"> -Recap on fundamental knowledge from Y10 athletics (release point, jumping technique, calculating run ups). -Knows how to calculate distance for efficient relay changeovers. -Knows how to use hip rotation in throwing events to benefit execution. -Knows how to use 	<p>Rounders:</p> <ul style="list-style-type: none"> -Recap on knowledge from year 10 (advanced tactics, rules). -Know how to officiate a rounders game. -Understand the importance of leadership and teamwork. <p>Tennis:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y10 (spin, different grips). -Identify coaching

	<ul style="list-style-type: none"> -Know the different types of kicks that can be used in rugby. -Knows the basic scrummaging rules and the basic technique. 	<ul style="list-style-type: none"> (strengths/weaknesses, coaching, gameplay, tactics). -Know advanced tactics for singles and doubles. -Know a wide range of serves. 	<ul style="list-style-type: none"> -Know how to outwit an opponent using appropriate skills and techniques -Know the importance of timing and develop the use of the block. 	<ul style="list-style-type: none"> -Know how to perform a basic screen. 	<ul style="list-style-type: none"> the hang in the air and the hitch kick for flight phase of jump. 	<ul style="list-style-type: none"> points for basic shots, ground strokes, volleys, and the serve in tennis. -Know how to officiate singles and doubles. -Know how to organise and lead a tennis tournament.
Learning Checkpoint Tasks	Basic skills tests, peer and self-assessment, teacher feedback		Basic skills tests, peer and self-assessment, teacher feedback		Basic skills tests, peer and self-assessment, teacher feedback	
Interleaved Knowledge	-Fundamental knowledge from Y10 netball and rugby	-Fundamental knowledge from Y10 badminton and football	-Fundamental knowledge from Y10 gymnastics and volleyball	- Fundamental knowledge from Y10 hockey and basketball	-Fundamental knowledge from Y10 athletics.	-Fundamental knowledge from Y10 rounders and tennis.