

## Physical Education

### Year Group 11

The Physical Education department is in the unique position where rotations around facilities and the weather must be considered. In addition to this consideration is made to fall in line with Sunderland & Tyne & Wear School Games, Primary links, inter-house & school sport, traditional seasonal activities and sex and relationships education that is taught in PE time for year 11.

In year 11 pupils participate in 5 activities from the topics below, over the course of the year. This gives the pupils an opportunity to specialise in activities that they excel in, enjoy, and are likely to continue to participate in outside of school. Each activity is covered on a half termly basis for a minimum of 5 weeks and a maximum of 8 weeks.

Number of Hours	Topics
5-8 per activity	Cricket, netball, health-related fitness, badminton, trampoline, rounders, athletics, tennis, handball, basketball, aerobics and dance
Reasons behind the choices of activity	
<p>The St. Anthony's curriculum for physical education for year 11 aims to ensure that all pupils: develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lives.</p> <p>In year 11 pupils tackle complex and demanding physical activities. They perform in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Particular attention is paid to exam specifications in the selection of the activities to enable pupils to access assessment criteria and develop their performance.</p> <p>In Year 11 Pupils are taught to;</p> <ul style="list-style-type: none"><li>• Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (netball, badminton, cricket, rounders, and tennis)</li><li>• Develop their technique and improve their performance in other competitive sports (athletics) and other physical activities (HRF, trampoline)</li><li>• Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best (Athletics and dance)</li><li>• Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</li></ul> <p>The amount of activities on offer allows all pupils to access the National Curriculum and receive a broad and balanced curriculum with the aim of allowing pupils to excel in a range of sports, enjoy participating in a range of sports and to promote life-long participation. The activities that we have offered to the pupils are long-standing, recognised, traditional activities, with well-established governing bodies that are at the forefront of sport in the media and our society and are also recognisable in world competitions such as; Olympics &amp; Commonwealth games to inspire pupils to emulate role models. These</p>	

activities are all covered in our regions' school games and within the locality there are many grass root opportunities and club links that can be promoted for pupils to be encouraged to seek participation outside of school. We have also considered staff expertise and the popularity of activities with pupils within our years of teaching experience with girls. There has also been thought to link with external exam specifications so that pupils' performance can be developed and enhanced during key stage 4 to access assessment criteria set by exam specifications. Consideration to seasonal variations is made by offering cricket, rounders, tennis and athletics in the summer term and invasion games during the autumn/winter/spring terms. Whereas some of the indoor activities can be played all year round.