

BY THE END OF YEAR 11

- Pathways= find activities that are best suited to engage and enjoy maintaining an active and healthy lifestyle.
- Explain the purpose of being active for life. This should include the importance of competing against yourself and striving to be the best version of you.
- Explain the long terms benefits of being active post 16 (physical, social and mental wellbeing)
- Display positive behaviour and show enthusiasm towards physical activity.

EFFORT LEVEL 3

BELOW EXPECTATIONS

EFFORT LEVEL 2

MEETING THE EXPECTATIONS

EFFORT LEVEL 1

ABOVE EXPECTATION



YEAR 11 PE CURRICULUM (EXPLORING LEADERSHIP SKILLS)



YEAR 11	MODULE 1		MODULE 2		MODULE 3	
	1-6	7-12	1-6	7-12	1-6	7-12
GROUP 1 Boys 1	RUGBY FIELD	FOOTBALL ASTRO	HANDBALL MUGA	TABLE TENNIS DS	ATHLETICS FIELD	SOFTBALL ½ ASTRO
GROUP 2 Boys 2	GYM G	TABLE TENNIS DS	CLIMBING SH	BADMINTON SH	ATHLETICS FIELD	SOFTBALL ½ ASTRO
GROUP 3 Girls 1	NETBALL MUGA	HANDBALL MUGA	FOOTBALL ASTRO	GYM G	ROUNDERS FIELD	ATHLETICS FIELD
GROUP 4 Girls 2	DANCE DS	GYM G	CLUBBERCISE FS	CREATIVE FITNESS FS	BODY AND MIND FS	ROUNDERS FIELD
GROUP 5 Mixed	BADMINTON SH	CLIMBING SH	TABLE TENNIS DS	ORIENTEERING FIELD	GYM G	TENNIS MUGA
BEING ACTIVE FOR LIFE						
	HEALTH AND WELLBEING		ENGAGEMENT POST 16		REMAINING ACTIVE	
	1. Aerobic and Anaerobic exercise 2. Activity and Social Health 3. Activity and Mental Health 4. Effects of Exercise		1. Competition and personal fitness 2. Training for Purpose/social life 3. Maintaining Health 4. Enjoyment		1. Attitude and behaviours 2. Honesty 3. Confidence 4. Commitment 5. Enthusiasm 6. Positivity	