

EMMANUEL COLLEGE

THE PHYSICAL EDUCATION DEPARTMENT

Year 11



Year 11	Autumn Term	Spring Term	Summer Term
Unit Title	Combatting stress with sport and creating a lifelong love for sport.		
Key Question(s)?	How does sport and PE effectively benefit my wellbeing during Year 11 and create a lifelong love for sport and fitness?		
Threshold Concepts	Students will continue to develop an understanding for leadership qualities and will gain the knowledge of how to set up and run competition/tournaments within their chosen sports. Students will develop on their knowledge on and understanding of how PE and sport can benefit you mentally at such a stressful point in your education and students will be encouraged to continue to consolidate their lifelong love for sport. Students will look to develop an understanding of the range of benefits associated with sport outside of school and will be encouraged to think with a deeper understanding of game play and tactical awareness when competing against others in lessons.		
Link to Prior Knowledge	Students will have learnt the most effective ways to outwit opponents and will be able to apply this knowledge into sporting situations throughout the range of sports delivered. Students will have an in depth understanding of the body system which support fitness and will be able to apply this knowledge when discussion different aspects of PE.		
Knowledge and Sequencing Rationale	In Year 11 we want students to become even more independent and be able to organise and lead parts of lessons. In team games students are encouraged to organise and officiate small tournaments. In their health and fitness unit they are encouraged to design and implement a fitness programme. The overall aim is for students to leave Emmanuel's PE programme with a lifelong love for physical activity and sport.		