

EMMANUEL COLLEGE

THE PHYSICAL EDUCATION DEPARTMENT

Year 11



Year 11 CN	Autumn Term	Spring Term	Summer Term
Unit Title	RO56: Developing Knowledge and Skills in Outdoor Activities	R052: Developing Sports Skills	Students have left college for examinations.
Key Question(s)?	What are the risks involved in planning an outdoor activity and how can these risks be controlled?	What are the key skills, rules and strategies and tactics that are used in a variety of sports?	
Threshold Concepts	Students find out about a wide range of outdoor and adventure activities and the organisations that provide access to them. Through planning and participating in outdoor and adventurous activities students will learn about the risks involved and how to plan to make these activities as safe as possible through detailed planning and risk assessments.	Students will try out a range of team and individual sports, developing skills and techniques for these sports and looking at the rules, strategies and tactics used in these sporting activities.	
Link to Prior Knowledge	Students will be able to learn new skills such as map reading while undertaking the hill walking activity. Some students who have taken their Duke of Edinburgh Bronze Award in Year 9 will be able to build on these experiences and help lead other students through their experiences.	Students will build on skills they have developed in PE lessons over the last four years in individual sports such as badminton and team games such as basketball. They will be given the opportunity to improve their skills and implement strategies and tactics and also gain further experience at umpiring in a competitive situation.	
Knowledge and Sequencing Rationale	Students will research and develop the knowledge to be able to plan and perform a number of skills in outdoor activities. Students develop skills such as map reading and then use this to navigate themselves around a hill walk. Students also develop and demonstrate their skills in canoeing. Students have to be able to plan and consider all health and safety risks and how to overcome such risks in their planning and organising of these outdoor activities. Students then finish off the sports studies course with their final unit where they will look at the skills		

	required in a team and individual sport. Students also have to demonstrate their knowledge and implementation of rules in either a team or individual sport. Students also develop the knowledge to analyse other students and look at how skills can be improved.
--	--