

# PE Curriculum Map: Year 11



Year 11 students have two core PE lessons per week

We aim for students to leave school with a clear understanding of how to lead a healthy lifestyle, having discovered sports/activities they enjoy and may pursue into adulthood. Participation means that they experience the physical and emotional benefits of an active lifestyle. Students choose from a range of activities (not necessarily all or in this order). Activities offered are based on the student cohort, with their input central to the selection process.

