

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.

One lesson is a directed activity. The second lesson, students choose from a range of activities: **Dance, basketball, table tennis, football, badminton, handball, fitness room, Pilates, archery, cricket, fireball.** Activities offered are based on the student cohort, with their input central to the selection process.

