



Year 11

Overview	<p>PE at William Hulme's Grammar School is underpinned by the United Learning PE and Health Curriculum. The aim is to provide a broad and balanced curriculum that brings out 'the best in everyone' across performance, leadership and health strands. We develop physically skilful young people who acquire the skills, knowledge, understanding, character and confidence to prepare them for examination PE and a positive lifelong relationship with physical activity and sport.</p> <ul style="list-style-type: none"> ■ Students will further develop a wide range of skills, techniques and tactics in a variety of activities. ■ Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs. ■ Students will be taught how to evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best. ■ Students will learn how to make constructive and respectful choices about personal behaviour and social interactions. These should be based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and their own and others' wellbeing.
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Autumn Term	Girls <ul style="list-style-type: none"> ■ Fitness ■ Netball ■ House Netball ■ Local Gym visit 	Boys <ul style="list-style-type: none"> ■ Football ■ Table Tennis ■ House Table Tennis ■ Local Gym Visit 	Assessment
	Practical Assessments in core strands <ul style="list-style-type: none"> ■ Fit to Lead ■ Fit to Perform ■ Fit for Life 		

Spring Term	Girls <ul style="list-style-type: none"> ■ House Dodgeball ■ Badminton ■ Handball ■ Orienteering 	Boys <ul style="list-style-type: none"> ■ Health related fitness ■ Futsal ■ Handball ■ House Dodgeball 	Assessment
	Practical Assessments in core strands <ul style="list-style-type: none"> ■ Fit to Lead ■ Fit to Perform ■ Fit for Life 		

Useful Resources for Supporting Your Child at Home:	Homework:
National Curriculum - Physical education key stages 3 and 4 (publishing.service.gov.uk) GCSE Learning and Revision GCSEPod Home - BBC Bitesize Free Homework & Revision for A Level, GCSE, KS3 & KS2 (senecalearning.com)	<p>Extra-curricular clubs focusing on participation, leadership and competitive sports run throughout the school year.</p> <p>Pupils and parents are encouraged to take advantage of sport and leisure facilities in their local community.</p>