



St Benedict's Catholic School

*Developing Wisdom, Compassion and Resilience
through Prayer and Work*

PE Department Curriculum Guide

Year 11

Curriculum-Recreational Participation

Half-Term	Sports covered
Autumn 1	Girls: Health and Fitness and Netball Boys: Football and Health and Fitness
Autumn 2	Girls options: Football or Rugby Boy options: Archery or Volleyball
Spring 1	Girls options: Volleyball or Archery Boys options: Rugby or Netball/Handball
Spring 2	Pupils choice
Summer 1	Pupils choice

In year 11, pupils will have 2 lessons across 2 weeks and will be taught in gender split groups. After October half-term, pupils will be given a choice of sports for each half-term. This gives them the opportunity to choose a sport that they would like to participate in for a half-term and gives them some ownership of their learning and curriculum. The following table shows options from Autumn 2 onwards but these are not exhaustive.

Assessment & Homework

In Key Stage 4 Core PE we only assess pupils using the 'St Benedict's Effort Levels'.

We encourage pupils to watch the sport that they are currently covering in lessons, either on TV or Youtube clips online. This helps to build their knowledge and understanding of the sport which can then be transferred into lessons.

Extra and Super Curricular Opportunities

Throughout the year there are a variety of extra-curricular activities available through the Physical Education department. These clubs are held at lunchtime and after school and the school is fully involved in many competitions against other schools. Please refer to the Extra-curricular timetable that is sent out each term throughout the year.