Core PE Year 11 Curriculum End Points and key vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1
Unit of Work	**Confidence**	**Teamwork**	**Resilience**	**Communication**	**Thinking**
Theme of work	**Physical benefits of being active**	**Psychological benefits of being active (release stress)**	**Club Links – how can we continue being active after we leave school**	**Social benefits – how teambuilding skills**	**Festivals/House Competitions**
Ethos Links	Character Learning Habits: Planning and organisation, concentrating	Respect, Kindness, Responsibility Learning Habits: Listening, Learning from mistakes	Character Learning Habits: Questioning, Perseverance	Respect, Kindness, Responsibility Learning Habits: Leadership, Communicating	Character Learning Habits: Analysing, Evaluating,
Knowledge	By the end of this unit students will know and understand: • How sport can be used to build confidence • Different roles in sport especially in team games	By the end of this unit students will know and understand: • Working together as a team takes several different roles. • How set pieces and tactics can influence the game	By the end of this unit students will know and understand: • Testing yourself helps builds your resilience. • Physical challenges and mental challenges help build resilience	By the end of this unit students will know and understand: • How is best to communicate when talking to 1 other, a small group, and a large group. • Difference between verbal and non-verbal communication with examples	By the end of this unit students will know and understand: • How tactics can be used to influence a game • Through teamwork and set plays can improve a team's performance
Key Vocabulary	Planning Organisation Concentration Confidence Invasion Game Individual Game	Listening Teamwork Invasion Game Confidence Learning from mistakes Attack Defence	Questioning Perseverance Resilience Teamwork Confidence Individual Sports Team Sports	Communicating Resilience Teamwork Confidence Team Sports Individual Sports Leadership	Confidence Teamwork Resilience Communication Thinking Team Sports Individual Sports