YEAR 11 PE 2025-26

THE ROAD AHEAD TO YOUR FUTURE ......

#### **SUMMER 1**

## **Health and Nutrition**

- Identify healthy food groups and hydration needs
- · Plan balanced meals and nutrition choices
- · Design and present a health campaign
- Reflect on lifestyle choices and wellbeing
- Celebrate progress in health awareness and personal growth



Sports Coach | Dieticians | Personal Trainer | Athlete |

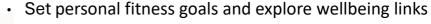
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omechanistic | PE Teacher

# **Personal Exercise &**

#### **Fitness**

### **SPRING 2**



Plan and take part in a fitness programme

- Track progress and reflect on physical and emotional impact
- Adapt fitness plans based on progress and feedback
- Celebrate improvements in fitness and wellbeing



### **SPRING 1**

## **Leading Others**

- Identify leadership traits and responsibilities
- Plan and lead team-based activities
- Motivate others and manage group roles
- Reflect on leadership performance and peer feedback
- Celebrate leadership progress and teamwork



# **Sports Coaching**

#### **AUTUMN 2**



- Understand different coaching styles and responsibilities
- Plan and deliver warm-ups and coaching activities
- Communicate instructions clearly and confidently
- Reflect on coaching performance and peer feedback
- Celebrate progress and coaching strengths

# **AUTUMN 1**

# Taking part in sport

- Explore different types of sport and reasons for participation
- Identify local venues and access options
- Take part in individual and team sports safely
- Reflect on personal performance and progress
- Give and receive peer feedback on participation





Coming From Key Stage 2; Referral; Induction