The Fisher Way: Curriculum

The Fisher Way aims to educate and inspire with joy, faith and love because we are an inclusive Catholic community.

Successful and resilient learners who aspire to and achieve excellence

Confident individuals who can explore and communicate effectively

Responsible citizens who are active, loving and wise in all their endeavours

Subject	PE: Core
Year Group	Year 11
Intent	Successful and resilient learners: who understand how to take care of themselves both physically and mentally in order to be successful as adults. Confident individuals: who are challenged physically, mentally and socially to work collaboratively to become the best that they can be.

	Responsible citizens: who understand the importance of leading a healthy active lifestyle and to equip them with the tools to do so through health and wellbeing education, therefore, fostering a life-long passion for sport and healthy active lifestyles.					
Narrative	Year 11 Core PE: 1. Learners will have built on core skills and applying them in a range of competitive contexts and physically demanding conditional drills. Learners will have developed the ability to evaluate performance and provide feedback. They will be able to prepare tournaments and both officiate and compete in them competently. They will also demonstrate a deeper understanding about healthy active lifestyles and fitness. 2. This year links to the development of the skills that they would have developed in Year 10, incorporating within that the applying of core skills in a range of competitive contexts and physically demanding conditional drills. 3. Learners will develop an understanding of the importance that physical education has on an individual's well-being, equipping them with the tools to participate/engage in sport and lead healthy active lifestyles in the future.					
Half term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (topics studied)	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include swimming, cross country, rugby, netball, handball, fitness, table tennis, basketball, badminton, volleyball and dodgeball.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, fitness, table tennis, basketball, badminton, volleyball, dodgeball.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, table tennis, basketball, badminton, volleyball, dodgeball.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, table tennis, basketball, badminton, volleyball, dodgeball.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include various athletic events.	During KS4, learners carry out a mixture of different sports and games on a rotation basis. These activities include athletics, cricket, rounders, softball and tennis.

Key skills	Scrums, Grubber kick, utilising space.	Scrums, utilising space and grubber kick.	Lay ups, utilising space rebounds.	Throwing, catching and dodging.		
Cultural capital	Developing understanding of health and fitness and how it can affect performance.	Applying rules and regulations. Understanding the difference between gamesmanship and sportsmanship.	Applying a range of skills in order to outwit an opponent.	Co-operation, etiquette, team-work, fair-play, values all promoted in all practical PE lessons.		
Assessment	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.