



Year 11 CORE PE Curriculum

In Year 11, you will participate in a range of activities on a 12 week carousel of Trampolining, Indoor games and Outdoor games. This enables all students in Year 11 to participate in fitness, games and aesthetic activities.



Range of activities you will participate in:

Fitness, Netball, Hockey, Handball, Badminton, Basketball, Benchball, Volleyball, Lacrosse, Football and Table-tennis.

In the Spring term, students are able to choose what physical activity they would like to participate in.

In the Summer term, students participate in Rounders/Cricket and Tennis. The focus in the Spring and Summer term is to have fun, enjoy physical activity and use it to help with exam stress.

Football
Basketball
Health
Netball
Volleyball
Hockey
Choice
Active
Table-tennis
Handball
Fitness
Badminton
Lacrosse
Benchball