

# Year 11 Long Term Scheme of Learning 2024-25

**HELSBY**

High School



## Subject: Core PE

| Date     | Exams/<br>Assess | Boys 1              | Boys 2     | Girls 1    | Girls 2    |
|----------|------------------|---------------------|------------|------------|------------|
| 2/9/24   |                  | (3G)                | (GYM)      | (COURTS)   | (SH)       |
| 9/9/24   |                  |                     |            |            |            |
| 16/9/24  |                  |                     |            |            |            |
| 23/9/24  |                  |                     |            |            |            |
| 30/09/24 |                  |                     |            |            |            |
| 7/10/24  |                  |                     |            |            |            |
| 14/10/24 |                  |                     |            |            |            |
| 21/10/24 |                  |                     |            |            |            |
| 4/11/24  |                  | (3G)                | (FIELD)    | (SH)       | (GYM)      |
| 11/11/24 |                  |                     |            |            |            |
| 18/11/24 |                  |                     |            |            |            |
| 25/11/24 |                  |                     |            |            |            |
| 2/12/24  |                  |                     |            |            |            |
| 9/12/24  |                  |                     |            |            |            |
| 16/12/24 |                  |                     |            |            |            |
| 6/1/25   |                  | (GYM)               | (SH)       | (FIELD/3G) | (COURTS)   |
| 13/1/25  |                  |                     |            |            |            |
| 20/1/25  |                  |                     |            |            |            |
| 27/1/25  |                  |                     |            |            |            |
| 3/2/25   |                  |                     |            |            |            |
| 10/2/25  |                  |                     |            |            |            |
| 24/2/25  |                  | (SH)                | (FIELD/3G) | (GYM)      | (FIELD/3G) |
| 3/3/25   |                  |                     |            |            |            |
| 10/3/25  |                  |                     |            |            |            |
| 17/3/25  |                  |                     |            |            |            |
| 24/3/25  |                  |                     |            |            |            |
| 31/3/25  |                  |                     |            |            |            |
| 21/4/25  |                  | (Field)             | (Field)    | (Field)    | (Field)    |
| 28/4/25  |                  |                     |            |            |            |
| 5/5/25   |                  | START OF GCSE EXAMS |            |            |            |
| 12/5/25  |                  |                     |            |            |            |
| 19/5/25  |                  |                     |            |            |            |
| 2/6/25   |                  |                     |            |            |            |
| 9/6/25   |                  |                     |            |            |            |
| 16/6/25  |                  |                     |            |            |            |
| 23/6/25  |                  |                     |            |            |            |
| 30/6/25  |                  |                     |            |            |            |
| 7/7/25   |                  |                     |            |            |            |
| 14/7/25  |                  |                     |            |            |            |

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Pupils will be actively involved in designing their own curriculum based on the facilities available to their group. They will tackle complex and demanding physical activities and get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils will be given the opportunity to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.