

Year 11 Long Term Scheme of Learning 2025-26

Subject: Core PE

HELSBY

High School



Achieving Success
Valuing Others

Date	Exams/ Assess	Boys 1	Boys 2	Girls 1	Girls 2
1/9/25		(3G)	(GYM)	(COURTS)	(SH)
8/9/25					
15/9/25					
22/9/25					
29/9/25					
6/10/25					
13/10/25					
20/10/25					
3/11/25		(3G)	(FIELD)	(SH)	(GYM)
10/11/25					
17/11/25					
24/11/25					
1/12/25					
8/12/25					
15/12/25					
5/1/26					
12/1/26		(GYM)	(SH)	(FIELD/3G)	(COURTS)
19/1/26					
26/1/26					
2/2/26					
9/2/26					
23/2/26					
2/3/26					
9/3/26					
16/3/26		(SH)	(FIELD/3G)	(GYM)	(FIELD/3G)
23/3/26					
30/3/26					
20/4/26					
27/4/26					
4/5/26					
11/5/26					
18/5/26					
1/6/26		(Field)	(Field)	(Field)	(Field)
8/6/26					
15/6/26					
22/6/26					
29/6/26					
6/7/26					
13/7/26					

Start of GCSE exams

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.