PE curriculum Intent	Year 11

To provide a wide range of both sport and physical activity which builds upon the physical literacy and the personal development of each student to help build a rounded learner. PE at New Line Learning is used as a vehicle to enhance all aspects of our pupils, through practical performance, leadership and sportsmanship whilst promoting the importance and value that physical activity brings to our lives. PE at New Line Learning promotes the importance of life long participation by developing the student's character and values whilst increasing their understanding on the importance of health and fitness.

Term 1
Topic/Theme/Enquiry

Football / badminton/ fitness

Big Picture
What are the main ideas and big questions in this topic?

Year 11 pupils will confidently apply and refine their knowledge, understanding, and performance within their chosen option area of football, badminton, or fitness, demonstrating consistent independence, advanced tactical awareness, and leadership within highly competitive and performance-focused contexts. Pupils will perform advanced physical and technical competencies with increasing precision, control, efficiency, and consistency under pressure, while developing the confidence to evaluate, adapt, and improve performance independently. Pupils will also demonstrate maturity and responsibility through leading activities, officiating, analysing performance, and supporting others, preparing them for lifelong participation in physical activity and future sporting or vocational pathways.

Zoom In
What knowledge, skills and key vocabulary will we learn step by step?

Year 11 pupils will consistently perform advanced sport-specific skills with a high degree of accuracy, fluency, and tactical awareness within competitive and pressured situations. Pupils will demonstrate a confident understanding of advanced rules, strategies, positioning, training methods, and performance principles relevant to football, badminton, or fitness, making informed decisions independently and adapting performance effectively in response to challenge. They will consistently model and promote core sporting values including resilience, leadership, respect, determination, communication, and sportsmanship while taking ownership of their own development and positively influencing others within practical environments.

Pre-Requisite Knowledge
What have we already learned that will help us with this topic?

Students will confidently apply and transfer secure prior learning related to tactical awareness, movement patterns, physical competencies, fitness components, and advanced sport-specific techniques developed throughout Key Stage 3 and Year 10. Pupils will consistently demonstrate refined control, coordination, spatial awareness, communication, and performance analysis

Pitch Up
How will we challenge ourselves?

Students will demonstrate increasing independence in applying advanced tactical understanding, analysing performance, solving problems, and adapting strategies within demanding and competitive situations. Pupils will be encouraged to take greater ownership of their learning through leadership, peer coaching, officiating, and self-evaluation, while adaptive teaching and targeted support will continue to ensure

skills, applying these effectively and independently within complex practical and competitive contexts.	all pupils can achieve success and demonstrate progress within high-level practical contexts.
Wider Framework *How does this learning connect to future topics and bigger goals?*	**Curriculum Hinterland** *What wider knowledge will deepen our understanding of this topic?*
Retrieval skills – pupils will independently and consistently recall and apply prior knowledge relating to tactics, fitness principles, training methods, rules, movement strategies, and performance analysis to improve performance and deepen understanding within increasingly advanced practical situations. Pupils will consistently apply the How, Why, and When within lessons, demonstrating mature understanding of technical execution, tactical awareness, physiological demands, and strategic decision-making under pressure.	Pupils will benefit from secure and well-developed prior knowledge of sporting tactics, fitness principles, and movement concepts developed through a broad range of physical activities throughout Key Stage 3 and Year 10. This foundation will enable pupils to confidently transfer knowledge and skills across activities, independently adapt performance within challenging situations, and engage more successfully with advanced practical, leadership, and fitness-based content.

Authentic connections
How does this topic connect to real life, careers, other subjects and important values?

Pupils will make consistent and meaningful links between practical performance and real-world sporting contexts through performance analysis, fitness testing, tactical evaluation, training programmes, statistical interpretation, and leadership opportunities. Strong links with science and mathematics will continue through understanding anatomy, physiology, biomechanics, energy systems, nutrition, data analysis, and the effects of exercise on the body. Pupils will also develop a clearer understanding of future pathways connected to football, badminton, and fitness, including careers in coaching, sports development, fitness instruction, physiotherapy, teaching, officiating, sports science, and health and wellbeing industries. Wider transferable skills such as leadership, resilience, teamwork, organisation, communication, and self-discipline will be consistently reinforced to support preparation for further education, employment, and lifelong participation in physical activity.

Teamwork
Students develop effective communication, cooperation and trust while working towards shared goals. They learn to understand different roles within a team and support others during competitive and recreational activities.

Leadership
Students take responsibility by leading warm-ups, officiating games, organising practices and encouraging teammates. They develop confidence in making decisions and supporting others.

Problem Solving
Students analyse game situations, adapt tactics and make decisions under pressure to outwit opponents and improve team performance.

Resources *What books, websites, videos and materials will support our learning?*	**Assessment** *How will we show what we know, remember and can apply?*
Content will be carefully adapted to meet the needs of all pupils within their chosen option area, with adaptive teaching strategies providing appropriate challenge, support, and opportunities for independent application. Resources including advanced conditioned games, tactical analysis tasks, fitness-testing equipment, leadership activities, video analysis, reciprocal coaching, and differentiated practical challenges will be used to support pupils in refining performance, deepening understanding, and achieving sustained success within competitive and performance-focused environments.	**Practical Assessment:** Throughout the term, students are assessed on their demonstration of key physical skills, application of tactics and strategies, and their understanding of the activities and concepts taught. Assessment is based on performance, participation, decision-making, and the ability to apply knowledge in practical situations.

Term 2 Topic/Theme/Enquiry		**pickleball/ fitness/ endball**

Big Picture
What are the main ideas and big questions in this topic?

Year 11 pupils will confidently apply and refine their knowledge, understanding, and performance within their chosen option area of pickleball, fitness, or endball, demonstrating consistent independence, advanced tactical awareness, and leadership within highly competitive and performance-focused contexts. Pupils will perform advanced physical and technical competencies with increasing precision, control, efficiency, and consistency under pressure, while developing the confidence to evaluate, adapt, and improve performance independently. Pupils will also demonstrate maturity and responsibility through leading activities, officiating, analysing performance, and supporting others, preparing them for lifelong participation in physical activity and future sporting or vocational pathways.

Zoom In
What knowledge, skills and key vocabulary will we learn step by step?

Year 11 pupils will consistently perform advanced sport-specific skills with a high degree of accuracy, fluency, and tactical awareness within competitive and pressured situations. In pickleball, pupils will apply advanced shot selection, movement patterns, positioning, and tactical variation to outwit opponents effectively. In endball, pupils will confidently apply advanced invasion-game principles, communication, movement, defending, and attacking strategies within demanding game situations. Within fitness, pupils will independently apply training methods, exercise technique, fitness principles, and performance analysis to improve physical performance and personal fitness outcomes. Pupils will demonstrate a confident understanding of advanced rules, strategies, training methods, and performance principles relevant to their chosen option, making informed decisions independently and adapting performance effectively in response to

challenge. They will consistently model and promote core sporting values including resilience, leadership, respect, determination, communication, and sportsmanship while taking ownership of their own development and positively influencing others within practical environments.

Pre-Requisite Knowledge
What have we already learned that will help us with this topic?

Students will confidently apply and transfer secure prior learning related to tactical awareness, movement patterns, physical competencies, fitness components, and advanced sport-specific techniques developed throughout Key Stage 3 and Year 10. Pupils will consistently demonstrate refined control, coordination, spatial awareness, communication, and performance analysis skills, applying these effectively and independently within complex practical and competitive contexts.

Pitch Up
How will we challenge ourselves?

Students will demonstrate increasing independence in applying advanced tactical understanding, analysing performance, solving problems, and adapting strategies within demanding and competitive situations. Pupils will be encouraged to take greater ownership of their learning through leadership, peer coaching, officiating, and self-evaluation, while adaptive teaching and targeted support will continue to ensure all pupils can achieve success and demonstrate progress within high-level practical contexts.

Wider Framework
How does this learning connect to future topics and bigger goals?

Retrieval skills – pupils will independently and consistently recall and apply prior knowledge relating to tactics, fitness principles, training methods, rules, movement strategies, and performance analysis to improve performance and deepen understanding within increasingly advanced practical situations. Pupils will consistently apply the How, Why, and When within lessons, demonstrating mature understanding of technical execution, tactical awareness, physiological demands, and strategic decision-making under pressure.

Curriculum Hinterland
What wider knowledge will deepen our understanding of this topic?

Pupils will benefit from secure and well-developed prior knowledge of sporting tactics, fitness principles, and movement concepts developed through a broad range of physical activities throughout Key Stage 3 and Year 10. This foundation will enable pupils to confidently transfer knowledge and skills across activities, independently adapt performance within challenging situations, and engage more successfully with advanced practical, leadership, and fitness-based content.

Authentic connections
How does this topic connect to real life, careers, other subjects and important values?

Pupils will make consistent and meaningful links between practical performance and real-world sporting contexts through performance analysis, fitness testing, tactical evaluation, tournament play, training programmes, statistical interpretation, and leadership opportunities. Strong links with science and mathematics will continue through understanding anatomy, physiology, biomechanics, energy systems, nutrition, data analysis, and the effects of exercise on the body. Pupils will also develop a clearer understanding of future pathways connected to pickleball, endball, and fitness, including careers in coaching, sports development, fitness instruction, physiotherapy, teaching, officiating, sports science, and health and wellbeing industries. Wider transferable skills such as leadership, resilience, teamwork, organisation, communication, and self-discipline will be consistently reinforced to support preparation for further education, employment, and lifelong participation in physical activity.

Teamwork

Students develop effective communication, cooperation and trust while working towards shared goals. They learn to understand different roles within a team and support others during competitive and recreational activities.

Leadership

Students take responsibility by leading warm-ups, officiating games, organising practices and encouraging teammates. They develop confidence in making decisions and supporting others.

Problem Solving

Students analyse game situations, adapt tactics and make decisions under pressure to outwit opponents and improve team performance.

Resources *What books, websites, videos and materials will support our learning?*	**Assessment** *How will we show what we know, remember and can apply?*
Content will be carefully adapted to meet the needs of all pupils within their chosen option area, with adaptive teaching strategies providing appropriate challenge, support, and opportunities for independent application. Resources including advanced conditioned games, tactical analysis tasks, fitness-testing equipment, leadership activities, video analysis, reciprocal coaching, differentiated practical challenges, and sport-specific drills will be used to support pupils in refining performance, deepening understanding, and achieving sustained success within competitive and performance-focused environments.	**Practical Assessment:** Throughout the term, students are assessed on their demonstration of key physical skills, application of tactics and strategies, and their understanding of the activities and concepts taught. Assessment is based on performance, participation, decision-making, and the ability to apply knowledge in practical situations.

Term 3 Topic/Theme/Enquiry		**Football/ basketball/ fitness**

Big Picture

What are the main ideas and big questions in this topic?

Year 11 pupils will confidently apply and refine their knowledge, understanding, and performance within their chosen option area of basketball, football, or fitness, demonstrating consistent independence, advanced tactical awareness, and leadership within highly competitive and performance-focused contexts. Pupils will

perform advanced physical and technical competencies with increasing precision, control, efficiency, and consistency under pressure, while developing the confidence to evaluate, adapt, and improve performance independently. Pupils will also demonstrate maturity and responsibility through leading activities, officiating, analysing performance, and supporting others, preparing them for lifelong participation in physical activity and future sporting or vocational pathways.

Zoom In
What knowledge, skills and key vocabulary will we learn step by step?

Year 11 pupils will consistently perform advanced sport-specific skills with a high degree of accuracy, fluency, and tactical awareness within competitive and pressured situations. In basketball, pupils will apply advanced attacking and defensive strategies, movement patterns, shot selection, communication, and tactical variation to influence game outcomes effectively. In football, pupils will confidently apply advanced invasion-game principles, communication, movement, defending, attacking strategies, and positional awareness within demanding game situations. Within fitness, pupils will independently apply training methods, exercise technique, fitness principles, and performance analysis to improve physical performance and personal fitness outcomes. Pupils will demonstrate a confident understanding of advanced rules, strategies, training methods, and performance principles relevant to their chosen option, making informed decisions independently and adapting performance effectively in response to challenge. They will consistently model and promote core sporting values including resilience, leadership, respect, determination, communication, and sportsmanship while taking ownership of their own development and positively influencing others within practical environments.

Pre-Requisite Knowledge
What have we already learned that will help us with this topic?

Students will confidently apply and transfer secure prior learning related to tactical awareness, movement patterns, physical competencies, fitness components, and advanced sport-specific techniques developed throughout Key Stage 3 and Year 10. Pupils will consistently demonstrate refined control, coordination, spatial awareness, communication, and performance analysis skills, applying these effectively and independently within complex practical and competitive contexts.

Pitch Up
How will we challenge ourselves?

Students will demonstrate increasing independence in applying advanced tactical understanding, analysing performance, solving problems, and adapting strategies within demanding and competitive situations. Pupils will be encouraged to take greater ownership of their learning through leadership, peer coaching, officiating, and self-evaluation, while adaptive teaching and targeted support will continue to ensure all pupils can achieve success and demonstrate progress within high-level practical contexts.

Wider Framework
How does this learning connect to future topics and bigger goals?

Retrieval skills – pupils will independently and consistently recall and apply prior knowledge relating to tactics, fitness principles, training methods, rules, movement strategies, and performance analysis to improve performance and deepen understanding within increasingly advanced practical situations. Pupils will consistently apply the How, Why, and When within lessons, demonstrating

Curriculum Hinterland
What wider knowledge will deepen our understanding of this topic?

. Pupils will benefit from secure and well-developed prior knowledge of sporting tactics, fitness principles, and movement concepts developed through a broad range of physical activities throughout Key Stage 3 and Year 10. This foundation will enable pupils to confidently transfer knowledge and skills across activities, independently adapt performance within challenging situations, and engage

mature understanding of technical execution, tactical awareness, physiological demands, and strategic decision-making under pressure.	more successfully with advanced practical, leadership, and fitness-based content.

Authentic connections
How does this topic connect to real life, careers, other subjects and important values?

Pupils will make consistent and meaningful links between practical performance and real-world sporting contexts through performance analysis, fitness testing, tactical evaluation, league and tournament structures, training programmes, statistical interpretation, and leadership opportunities. Strong links with science and mathematics will continue through understanding anatomy, physiology, biomechanics, energy systems, nutrition, data analysis, and the effects of exercise on the body. Pupils will also develop a clearer understanding of future pathways connected to basketball, football, and fitness, including careers in coaching, sports development, fitness instruction, physiotherapy, teaching, officiating, sports science, and health and wellbeing industries. Wider transferable skills such as leadership, resilience, teamwork, organisation, communication, and self-discipline will be consistently reinforced to support preparation for further education, employment, and lifelong participation in physical activity.

Teamwork

Students develop effective communication, cooperation and trust while working towards shared goals. They learn to understand different roles within a team and support others during competitive and recreational activities.

Leadership

Students take responsibility by leading warm-ups, officiating games, organising practices and encouraging teammates. They develop confidence in making decisions and supporting others.

Problem Solving

Students analyse game situations, adapt tactics and make decisions under pressure to outwit opponents and improve team performance.

Resources
What books, websites, videos and materials will support our learning?

Content will be carefully adapted to meet the needs of all pupils within their chosen option area, with adaptive teaching strategies providing appropriate challenge, support, and opportunities for independent application. Resources including advanced conditioned games, tactical analysis tasks, fitness-testing equipment, leadership activities, video analysis, reciprocal coaching, differentiated practical challenges, and sport-specific drills will be used to

Assessment
How will we show what we know, remember and can apply?

Practical Assessment:

Throughout the term, students are assessed on their demonstration of key physical skills, application of tactics and strategies, and their understanding of the activities and concepts taught. Assessment is based on performance, participation, decision-making, and the ability to apply knowledge in practical situations.

support pupils in refining performance, deepening understanding, and achieving sustained success within competitive and performance-focused environments.	

Term 4 Topic/Theme/Enquiry		**Badminton/ fitness/ endball**

Big Picture
What are the main ideas and big questions in this topic?

Year 11 pupils will confidently apply and refine their knowledge, understanding, and performance within their chosen option area of badminton, fitness, or endball, demonstrating consistent independence, advanced tactical awareness, and leadership within highly competitive and performance-focused contexts. Pupils will perform advanced physical and technical competencies with increasing precision, control, efficiency, and consistency under pressure, while developing the confidence to evaluate, adapt, and improve performance independently. Pupils will also demonstrate maturity and responsibility through leading activities, officiating, analysing performance, and supporting others, preparing them for lifelong participation in physical activity and future sporting or vocational pathways.

Zoom In
What knowledge, skills and key vocabulary will we learn step by step?

Year 11 pupils will consistently perform advanced sport-specific skills with a high degree of accuracy, fluency, and tactical awareness within competitive and pressured situations. In badminton, pupils will confidently apply advanced shot selection, tactical variation, court positioning, recovery movement, and communication within singles and doubles play to outwit opponents effectively. In endball, pupils will confidently apply advanced invasion-game principles including movement, communication, defensive organisation, attacking patterns, and spatial awareness within demanding game situations. Within fitness, pupils will independently apply training methods, exercise technique, fitness principles, and performance analysis to improve physical performance and personal fitness outcomes. Pupils will demonstrate a confident understanding of advanced rules, strategies, training methods, and performance principles relevant to their chosen option, making informed decisions independently and adapting performance effectively in response to challenge. They will consistently model and promote core sporting values including resilience, leadership, respect, determination, communication, and sportsmanship while taking ownership of their own development and positively influencing others within practical environments.

Pre-Requisite Knowledge
What have we already learned that will help us with this topic?

Students will confidently apply and transfer secure prior learning related to tactical awareness, movement patterns, physical competencies, fitness

Pitch Up
How will we challenge ourselves?

Students will demonstrate increasing independence in applying advanced tactical understanding, analysing performance, solving problems, and adapting

components, and advanced sport-specific techniques developed throughout Key Stage 3 and Year 10. Pupils will consistently demonstrate refined control, coordination, spatial awareness, communication, and performance analysis skills, applying these effectively and independently within complex practical and competitive contexts.	strategies within demanding and competitive situations. Pupils will be encouraged to take greater ownership of their learning through leadership, peer coaching, officiating, and self-evaluation, while adaptive teaching and targeted support will continue to ensure all pupils can achieve success and demonstrate progress within high-level practical contexts.
Wider Framework *How does this learning connect to future topics and bigger goals?*	**Curriculum Hinterland** *What wider knowledge will deepen our understanding of this topic?*
Retrieval skills – pupils will independently and consistently recall and apply prior knowledge relating to tactics, fitness principles, training methods, rules, movement strategies, and performance analysis to improve performance and deepen understanding within increasingly advanced practical situations. Pupils will consistently apply the How, Why, and When within lessons, demonstrating mature understanding of technical execution, tactical awareness, physiological demands, and strategic decision-making under pressure.	Pupils will benefit from secure and well-developed prior knowledge of sporting tactics, fitness principles, and movement concepts developed through a broad range of physical activities throughout Key Stage 3 and Year 10. This foundation will enable pupils to confidently transfer knowledge and skills across activities, independently adapt performance within challenging situations, and engage more successfully with advanced practical, leadership, and fitness-based content..
Authentic connections *How does this topic connect to real life, careers, other subjects and important values?*	
Pupils will make consistent and meaningful links between practical performance and real-world sporting contexts through performance analysis, fitness testing, tactical evaluation, tournament play, training programmes, statistical interpretation, and leadership opportunities. Strong links with science and mathematics will continue through understanding anatomy, physiology, biomechanics, energy systems, nutrition, data analysis, and the effects of exercise on the body. Pupils will also develop a clearer understanding of future pathways connected to badminton, endball, and fitness, including careers in coaching, sports development, fitness instruction, physiotherapy, teaching, officiating, sports science, and health and wellbeing industries. Wider transferable skills such as leadership, resilience, teamwork, organisation, communication, and self-discipline will be consistently reinforced to support preparation for further education, employment, and lifelong participation in physical activity. **Teamwork** Students develop effective communication, cooperation and trust while working towards shared goals. They learn to understand different roles within a team and support others during competitive and recreational activities.	

Leadership
Students take responsibility by leading warm-ups, officiating games, organising practices and encouraging teammates. They develop confidence in making decisions and supporting others.

Problem Solving
Students analyse game situations, adapt tactics and make decisions under pressure to outwit opponents and improve team performance.

Resources *What books, websites, videos and materials will support our learning?*	**Assessment** *How will we show what we know, remember and can apply?*
Content will be carefully adapted to meet the needs of all pupils within their chosen option area, with adaptive teaching strategies providing appropriate challenge, support, and opportunities for independent application. Resources including advanced conditioned games, tactical analysis tasks, fitness-testing equipment, leadership activities, video analysis, reciprocal coaching, differentiated practical challenges, and sport-specific drills will be used to support pupils in refining performance, deepening understanding, and achieving sustained success within competitive and performance-focused environments.	**Practical Assessment:** Throughout the term, students are assessed on their demonstration of key physical skills, application of tactics and strategies, and their understanding of the activities and concepts taught. Assessment is based on performance, participation, decision-making, and the ability to apply knowledge in practical situations.

Term 5 Topic/Theme/Enquiry		**athletics**

Big Picture
What are the main ideas and big questions in this topic?

Year 11 pupils will confidently apply and refine their knowledge, understanding, and performance within athletics, demonstrating consistent independence, advanced technical awareness, and leadership within highly competitive and performance-focused contexts. Pupils will perform advanced physical and technical competencies with increasing precision, efficiency, and consistency under pressure, while developing the confidence to evaluate, adapt, and improve performance independently. Pupils will also demonstrate maturity and responsibility through leading activities, officiating, analysing performance, and supporting others, preparing them for lifelong participation in physical activity and future sporting or vocational pathways.

Zoom In
What knowledge, skills and key vocabulary will we learn step by step?

Year 11 pupils will consistently perform advanced athletics-specific skills with a high degree of accuracy, fluency, and technical awareness across track and field events. Pupils will confidently apply advanced sprinting mechanics, pacing strategies, jumping and throwing techniques, relay transitions, and event-specific tactics within competitive and pressured situations. They will demonstrate a confident understanding of advanced event regulations, training methods, physiological demands, and performance principles, making informed decisions independently and adapting performance effectively in response to challenge. Pupils will consistently model and promote core sporting values including resilience, leadership, respect, determination, communication, and sportsmanship while taking ownership of their own development and positively influencing others within practical environments.

Pre-Requisite Knowledge
What have we already learned that will help us with this topic?

Students will confidently apply and transfer secure prior learning related to movement patterns, physical competencies, fitness components, and advanced athletics techniques developed throughout Key Stage 3 and Year 10. Pupils will consistently demonstrate refined coordination, balance, timing, pacing, and performance-analysis skills, applying these effectively and independently within complex practical and competitive athletics contexts.

Pitch Up
How will we challenge ourselves?

Students will demonstrate increasing independence in applying advanced technical understanding, analysing performance, solving problems, and adapting strategies within demanding and competitive athletics situations. Pupils will be encouraged to take greater ownership of their learning through leadership, peer coaching, officiating, and self-evaluation, while adaptive teaching and targeted support will continue to ensure all pupils can achieve success and demonstrate progress within high-level practical contexts.

Wider Framework
How does this learning connect to future topics and bigger goals?

Retrieval skills – pupils will independently and consistently recall and apply prior knowledge relating to event techniques, fitness principles, pacing strategies, biomechanics, rules, and performance analysis to improve performance and deepen understanding within increasingly advanced athletics contexts. Pupils will consistently apply the How, Why, and When within lessons, demonstrating mature understanding of technical execution, physiological demands, and strategic decision-making under pressure.

Curriculum Hinterland
What wider knowledge will deepen our understanding of this topic?

Pupils will benefit from secure and well-developed prior knowledge of movement concepts, fitness principles, and athletics techniques developed through a broad range of physical activities throughout Key Stage 3 and Year 10. This foundation will enable pupils to confidently transfer knowledge and skills across events, independently adapt performance within challenging situations, and engage more successfully with advanced practical, leadership, and fitness-based content.

Authentic connections
How does this topic connect to real life, careers, other subjects and important values?

Pupils will make consistent and meaningful links between practical performance and real-world athletics contexts through performance analysis, fitness testing, race pacing, measuring and recording performances, training programmes, and statistical interpretation. Strong links with science and mathematics will continue through understanding anatomy, physiology, biomechanics, energy systems, nutrition, force production, and data analysis. Pupils will also develop a clearer understanding of future pathways connected to athletics, including careers in coaching, sports science, physiotherapy, teaching, fitness instruction, officiating,

and health and wellbeing industries. Wider transferable skills such as leadership, resilience, organisation, communication, self-discipline, and determination will be consistently reinforced to support preparation for further education, employment, and lifelong participation in physical activity.

Planning

Students set personal performance goals, monitor progress and evaluate improvements using timings and performance data.

Adapting

Students adjust training methods, pacing strategies and techniques based on performance feedback.

Problem Solving

Students identify technical weaknesses and select strategies to improve performance in track and field events.

Resources *What books, websites, videos and materials will support our learning?*	**Assessment** *How will we show what we know, remember and can apply?*
Content will be carefully adapted to meet the needs of all pupils, with adaptive teaching strategies providing appropriate challenge, support, and opportunities for independent application. Resources including advanced athletics drills, performance-analysis tasks, fitness-testing equipment, leadership activities, video analysis, differentiated technical practices, and reciprocal coaching approaches will be used to support pupils in refining performance, deepening understanding, and achieving sustained success within competitive and performance-focused athletics environments.	**Practical Assessment:** Throughout the term, students are assessed on their demonstration of key physical skills, application of tactics and strategies, and their understanding of the activities and concepts taught. Assessment is based on performance, participation, decision-making, and the ability to apply knowledge in practical situations.