

Year 11



	Cycle 1	Cycle 2	Cycle 3
Key concepts (Head/Heart/Hands)	Head/Heart/ Hands	Head/Heart/Hands	Head/ Heart/Hands
Practical (Procedural Knowledge)	<p>To create better informed habits in healthy, active lifestyles:</p> <p>Heart: Respect, Teamwork, Resilience, Leadership, Confidence. Head: Feedback, Analysis of performance, Knowledge of tactics and strategies Hands: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.</p>	<p>To create better informed habits in healthy, active lifestyles:</p> <p>Heart: Respect, Teamwork, Resilience, Leadership, Confidence. Head: Feedback, Analysis of performance, Knowledge of tactics and strategies Hands: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.</p>	<p>To create better informed habits in healthy, active lifestyles:</p> <p>Heart: Respect, Teamwork, Resilience, Leadership, Confidence. Head: Feedback, Analysis of performance, Knowledge of tactics and strategies Hands: Fitness, Physical ability, Fitness levels, Problem solving, Skill acquisition, Competition.</p>
Theory (Substantive Knowledge)	Knowledge of rules and regulations	Knowledge of rules and regulations	Knowledge of rules and regulations
Hinterland Knowledge (Cultural capital)	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands	See sport specific plan Knowledge that is in the background that supports our heart/Head/Hands
Disciplinary knowledge	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.	Knowledge of how the knowledge was established. Not covered in KS3.This knowledge is more advanced and used in exam PE courses.
Assessment approach	Mid cycle assessment- Practical assessment End of cycle assessment- Practical assessment.	Mid cycle assessment- Practical assessment End of cycle assessment- Practical assessment.	Mid cycle assessment- Practical assessment End of cycle assessment- Practical assessment.
Homework	N/A	N/A	N/A
Justification	Use HHH model to develop student's physical literacy (Hands) core values inherent in a broad range of activities (HEART) and to gain the knowledge to lead a healthy active lifestyle (Head). We have sequenced the concepts to progress from informed choices regarding healthy active lifestyles in year 10 and creating better informed habits for active, healthy lifestyles in year 11.		

Yr 10											
GRP	HT1		HT2		HT3		HT4		HT5		HT6
10-A	Bad & BB		Futsal & HRF		TT & Gym		Vball & Net		Rounders & Ath		Tennis/Cricket/Swim
10-B	Bad & BB		Futsal & HRF		TT & Gym		Vball & Net		Rounders & Ath		Tennis/Cricket/Swim
Yr 11											
GRP	HT1		HT2		HT3		HT4		HT5		HT6
11-A	Bad & BB		Futsal & HRF		TT & Gym		Vball & Net		Rounders & Swim		