

**Year: 11 Subject: Physical Education
IMPLEMENTATION**

<p>INTENT</p> <p>(including key concepts and skills - 'Big Ideas')</p>	<p align="center">Activities (1 lesson Per week) Games/Racket/striking & fielding/athletics/fitness</p> <p><u>Context:</u> Games/tactics - 4 lessons each activity Football/Rugby/Netball/ Basketball/Hockey/Handball Prior Learning Isolated skills/developed drills conditioned games. Some competition & tactics/ strategies Key Vocabulary: Tactics, formations, strategies, teamwork Cultural Capital Co- curricular</p>	<p>INTENT</p> <p>(including key concepts and skills)</p> <p>Performance Health & Fitness Leadership & Character Knowledge & Theory</p> <p>Describe/Explain Apply to sporting situation/ examples Design Evaluate</p>	<p align="center">R045 Nutrition in Sport - January to May</p> <p><u>Context:</u> Assignment based 4 Learning Objectives LO1: Know about the nutrients needed for a healthy, balanced diet LO2: Understand the importance of nutrition in sport LO3: Know about the effects of a poor diet on sports performance and participation LO4: Be able to develop diet plans for performers Prior Learning Cross curricular Food technology</p> <p>Key Vocabulary: Balanced diet, nutrients, Carbohydrates, protein, fats, vitamins, minerals, fibre, water</p> <p>Cultural Capital</p>
Performance	x	Performance	
Health & Fitness	x	Health & Fitness	X
Leadership & Character	x	Leadership & Character	X
Knowledge & Theory	x	Knowledge & Theory	X X
IMPACT	<u>Assessment:</u> Progression to KS4:	IMPACT	<u>Assessment:</u> LO1/LO2/LO3/LO4