



SUNNYDOWN SCHOOL

GAMES CURRICULUM PLAN

Subject	Games	Year group	Y11
Subject Intent	Students will acquire a deeper understanding about mental health and stress. They will connect this knowledge to their PE lessons and transfer the management tools gained to other areas of their lives. Through a 'Value of Physical Activity' students will embed their understanding of the long-term impact physical activity has on their lives to support life-long participation and the on-going journey to nurture physical literacy.		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1	Football & GCSE practical sports	Students will use Football as a vehicle to explore how to best prepare and maintain themselves during the build up to the exams and important decisions such as Post 16 options.	<ul style="list-style-type: none"> • Mental Health awareness • Social media & screen time • Body image and self esteem • Diet & activity levels • Sleep 	<p>Building on the work completed in PSHE and the Friday curriculum during KS3 & Y10.</p> <p>Building towards the students understanding the importance of lifestyle choices and how to be best prepared to cope with demanding periods.</p>
Autumn 2	Fitness/Badminton and Table tennis & GCSE practical sports.	<p>GCSE Students will be performing their Personal exercise programme. Non-GCSE students will engage in Badminton and Table Tennis.</p> <p>Students will complete their video moderation for Badminton.</p>	<ul style="list-style-type: none"> • Support networks • Looking out for others. • Signs & symptoms 	<p>Building on the skills and techniques developed during KS3 & Y10. Building on the sessions and activities performed in previous years such as Mental Health awareness activities and PSHE sessions.</p>

				Building towards students who are actively supporting each other and are aware of signs and symptoms that someone needs support.
Spring 1	Basketball & GCSE practical sports	<p>Students will use Basketball as a vehicle to explore topics such as organisation and motivation and how to balance hard work with time to rest and recover.</p> <p>GCSE students will record their video moderation for Basketball.</p>	<ul style="list-style-type: none"> ● Organisation ● Motivation ● Balance Work/rest/play 	<p>Building on skills and strategies developed during PE lessons in KS3 & Y10. Students have explored topics such as motivation and organisation during Life skills sessions and PSHE.</p> <p>Building towards the students being able to plan and manage their time effectively during busy periods.</p>
Spring 2	Tennis & GCSE practical sports	<p>Students will use Tennis as a vehicle to discuss and explore topics such as stress management.</p> <p>GCSE students will record their video moderation for Tennis & Athletics.</p>	<ul style="list-style-type: none"> ● Causes of stress ● Stress management ● Talk to someone 	<p>Building on skills and strategies developed during PE lessons in KS3 & Y10.</p> <p>Building towards students who are equipped to recognise causes and signs of stress and how to manage stress and stressful situations.</p>
Summer 1	Options - Students can choose activities that will help them to relax during the exam period.	A variety of sporting options will be made available to the students to enable them to de-stress during the exam period.	<ul style="list-style-type: none"> ● The value of physical activity. 	<p>Building on the knowledge they acquired regarding the benefits of exercise and physical activity.</p> <p>Building towards students who have the skills and confidence to access opportunities to be active post 16.</p>