



Explorer Curriculum – Building block to Formal Curriculum

- The building block before a fully formal curriculum.
- Strong focus on Early Literacy and Numeracy.
- Key skills and knowledge to understand the world around them.
- Functional Skills to apply basic knowledge.
- For children with moderate learning difficulties, autism and other learning needs. Learning takes place through tangible 'real life situations' with regular revisiting of learning.
- Students follow an Entry Level (1-3) Pathway at KS4 and KS5.

Subject PE 2 Subjects/Lessons weekly 6.3E - Explorer Curriculum –

| 2020 – 2021 Autumn 1 | 2020 – 2021 Autumn 2 | 2020 – 2021 Spring 1 | 2020 – 2021 Spring 2 | 2020 – 2021 Summer 1 | 2020 – 2021 Summer 2 |
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| <p>Topic:</p> <p>Health and Fitness (Gym)</p> <p>Key Skills and Knowledge:</p> <p>Pupils work on improving their health and fitness by working in the school gym in 6th form, equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag. Pupils can choose to play Xbox sport games such as 'Shape Up' and also 'Just Dance' in the gym. Some pupils choose to participate in fitness</p> | <p>Topic:</p> <p>Health and Fitness (Gym)</p> <p>Key Skills and Knowledge:</p> <p>Pupils work on improving their health and fitness by working in the school gym in 6th form, equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag. Pupils can choose to play Xbox sport games such as 'Shape Up' and also 'Just Dance' in the gym. Some pupils choose to participate in fitness</p> | <p>Topic:</p> <p>Health and Fitness (Gym)</p> <p>Key Skills and Knowledge:</p> <p>Pupils work on improving their health and fitness by working in the school gym in 6th form, equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag. Pupils can choose to play Xbox sport games such as 'Shape Up' and also 'Just Dance' in the gym. Some pupils choose to participate in fitness</p> | <p>Topic:</p> <p>Health and Fitness (Gym)</p> <p>Key Skills and Knowledge:</p> <p>Pupils work on improving their health and fitness by working in the school gym in 6th form, equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag. Pupils can choose to play Xbox sport games such as 'Shape Up' and also 'Just Dance' in the gym. Some pupils choose to participate in fitness</p> | <p>Topic:</p> <p>Health and Fitness (Gym)</p> <p>Key Skills and Knowledge:</p> <p>Pupils work on improving their health and fitness by working in the school gym in 6th form, equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag. Pupils can choose to play Xbox sport games such as 'Shape Up' and also 'Just Dance' in the gym. Some pupils choose to participate in fitness</p> | <p>Topic:</p> <p>Health and Fitness (Gym)</p> <p>Key Skills and Knowledge:</p> <p>Pupils work on improving their health and fitness by working in the school gym in 6th form, equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag. Pupils can choose to play Xbox sport games such as 'Shape Up' and also 'Just Dance' in the gym. Some pupils choose to participate in fitness programmes from You</p> |

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| <p>programmes from You Tube. Pupils are given an individual target to improve their health and fitness.</p> <p><u>Key Questions:</u> Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? Do you know the correct technique, for each activity?</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p> | <p>programmes from You Tube. Pupils are given an individual target to improve their health and fitness.</p> <p><u>Key Questions:</u> Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? Do you know the correct technique, for each activity?</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p> | <p>programmes from You Tube. Pupils are given an individual target to improve their health and fitness.</p> <p><u>Key Questions:</u> Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? What do you need to bring with you when you are taking part in a session using the gym?</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p> | <p>programmes from You Tube. Pupils are given an individual target to improve their health and fitness.</p> <p><u>Key Questions:</u> Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? What do you need to bring with you when you are taking part in a session using the gym?</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p> | <p>programmes from You Tube. Pupils are given an individual target to improve their health and fitness.</p> <p><u>Key Questions:</u> Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? Can you name some of the safety factors for using gym equipment?</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p> | <p>Tube. Pupils are given an individual target to improve their health and fitness.</p> <p><u>Key Questions:</u> Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? Can you name some of the safety factors for using gym equipment?</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p> |
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| Links to Gatsby Benchmarks: | Links to Gatsby Benchmarks: | Links to Gatsby Benchmarks: | Links to Gatsby Benchmarks: | Links to Gatsby Benchmarks: | Links to Gatsby Benchmarks: |
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