



Navigator

Navigator Curriculum - Formal Curriculum

- A formal academic curriculum for students closer to age related expectations.
- Aspirational and challenging.
- It is typically for our children with high functioning autism or moderate learning difficulties.
- A broad and balanced secondary curriculum.
- Leads to good GCSE, Level 1 and Level 2 outcomes.
- Subjects become more specialist.

Subject PE 2 Subjects/Lessons weekly 7N - Navigation Curriculum -

2020 – 2021 Autumn 1 Unit 1	2020 – 2021 Autumn 2 Unit 2	2020 – 2021 Spring 1 Unit 3	2020 – 2021 Spring 2 Unit 4	2020 – 2021 Summer 1 Unit 5	2020 – 2021 Summer 2 Unit 6
<p>Topic:</p> <p>Football/Basketball- HRF/Bleep Test Kurling competition</p> <p>Key Questions:</p> <p>-Can you think of some key words for football? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of football? -Do you play football / basketball out of school? -Do you play for any clubs or teams?</p>	<p>Topic:</p> <p>Basketball/Football</p> <p>Key Questions:</p> <p>-Can you think of some key words for Basketball? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of football? -Do you play football / basketball out of school? -Do you play for any clubs or teams?</p>	<p>Unit 3</p> <p>Fitness Training- circuits/Indoor Cricket</p> <p>Key Questions:</p> <p>-Can you think of some key words for fitness training? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of cricket? -Do you play football / cricket out of school? -Do you play for any clubs or teams?</p>	<p>Unit 4</p> <p>Indoor Cricket/ Racket sports - Short Tennis / Badminton</p> <p>Key Questions:</p> <p>-Can you think of some key words for tennis? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of racket sports? -Do you play racket sports out of school? -Do you play for any clubs or teams? Where could you play?</p>	<p>Unit 5</p> <p>Athletics/Rounders Kurling/Boccia/Tri-Golf Cricket (wet weather)</p> <p>Key Questions:</p> <p>-Can you think of some key words for athletics? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of rounders? -Do you play athletics out of school? -Do you play for any clubs or teams? Where could you play?</p>	<p>Unit 6</p> <p>Athletics / Rounders/Cricket / HRF -Bleep test</p> <p>Key Questions:</p> <p>-Can you think of some key words for athletics? -Why is it important to exercise? -What is meant by tactics? -Can you state the main activities in athletics? -Do you play athletics out of school? -Do you play for any clubs or teams? Where could you play?</p>

<p><u>Key Skills and Knowledge:</u></p> <p>Year 7 students experience Football and Basketball sessions and are taught the key skills in each activity. Students are encouraged to develop their coordination and control. Scoring, rules of games and tactics are introduced. Pupils complete a multistage fitness test to measure their fitness levels</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p> <p>Links to Gatsby Benchmarks:</p>	<p><u>Key Skills and Knowledge:</u></p> <p>Year 7 students continue with Football and Basketball sessions, further developing their skills. Students are encouraged to develop their coordination and control. 'Exercising safely and effectively' is focused on during all activities.</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p>	<p><u>Key Skills and Knowledge:</u></p> <p>Pupils take part in circuit training to improve their health and fitness. Pupils keep a record of their scores in different exercises and are encouraged to increase their scores. 'Exercising safely and effectively' are focused on.</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p>	<p><u>Key Skills and Knowledge:</u></p> <p>Pupils experience indoor cricket sessions. They practise catching and throwing and are taught the basic techniques for batting and bowling. Students participate in racket sports, they are taught the basic grip, forehand / backhand / feet movement.</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p>	<p><u>Key Skills and Knowledge:</u></p> <p>Year 7 pupils take part in sports such as athletics, cricket and rounders and also take part in activities such as Kurling / boccia and tri-golf. Basic techniques and skills are introduced. 'Exercising safely and effectively' during activities are focused on.</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p>	<p><u>Key Skills and Knowledge:</u></p> <p>Year 7 pupils take part in sports such as athletics, cricket and rounders. Pupils complete the multistage fitness test to measure if their fitness levels have improved. 'Exercising safely and effectively' during activities are focused on.</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p>
<p>Links to Gatsby Benchmarks:</p>	<p>Links to Gatsby Benchmarks:</p>	<p>Links to Gatsby Benchmarks:</p>	<p>Links to Gatsby Benchmarks:</p>	<p>Links to Gatsby Benchmarks:</p>	<p>Links to Gatsby Benchmarks:</p>

