



Explorer

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 8E - Explorer 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>Swimming/ 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>Swimming/ Football/Basketball HRF/Bleep Test Kurling competition</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>Topic:</p> <p>HRF - Fitness Training-circuits/ Swimming 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? -Are you an experienced swimmer?</p>	<p>Topic:</p> <p>Indoor Cricket/ Swimming 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? Why is it important to learn to swim?</p>	<p>Topic:</p> <p>Swimming 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>Topic:</p> <p>Swimming 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 8 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><u>Key Skills and Knowledge:</u></p> <p>Year 8 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 8 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 8 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>
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