



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 8N - Navigator 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? -Do you know some different positions for players in 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 football? -Do you know some different positions for players in 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>Unit 3</p> <p>HRF - Fitness Training-circuits/ Short Tennis / Swimming / Indoor Cricket</p> <p>Key Questions</p> <p>-Can you think of some key words for tennis? Where can you go to play racket sports?? -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 4</p> <p>Indoor Cricket/ Swimming Racket sports - Short Tennis / Badminton</p> <p>Key Questions</p> <p>-Can you think of some key words for fitness training? -Where can you go to exercise? -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>Unit 5</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? -What does it mean to 'pace yourself' when running? -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>Swimming Athletics / Rounders/Cricket / HRF -Bleep test</p> <p>Key Questions</p> <p>-Can you think of some key words for athletics? -can you name the different sprinting race distances? -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>Students experience a 'multi-skills' approach as they take part in Football and Basketball sessions and also Swimming lessons on a half termly rota. Students are encouraged to develop their coordination and control. Knowledge of scoring, rules of games and tactics are developed. Pupils complete a multistage fitness test to measure their fitness</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>Students experience a 'multi-skills' approach as they take part in Football and Basketball sessions and also Swimming lessons on a half termly rota. Students are encouraged to develop their coordination and control. Knowledge of scoring, rules of games and tactics are developed.</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>Racket Sports , badminton , short tennis and table tennis. Students continue to prepare themselves for the Entry Level Exam in Key Stage 4 .They are encouraged to develop their tactics and skills and strategies to 'outwit an opponent'. They also continue to take part in circuit training sessions to improve their health and fitness. They keep a record of their scores and are encouraged to improve them. They also swim on a half-termly rota. Exercising 'safely and effectively' continues to be a focus.</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>Indoor Cricket, Circuit Training and Swimming (on a half-termly basis) - Students are encouraged to develop their coordination and control. Scoring, rules of games and tactics are introduced. Exercising safely and effectively during activities is a key focus.</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 experience a games approach where they take part in cricket and rounders sessions. They also practise their techniques for athletics. 'Exercising safely and effectively' during activities are focused on. Year 8 pupils also do swimming lessons on a half termly rota. 'Exercising safely and effectively' during activities continues to be a focus.</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 experience a games approach where they take part in cricket and rounders sessions. They also practise their techniques for athletics. 'Exercising safely and effectively' during activities are focused on. Year 8 pupils also do swimming lessons on a half termly rota. 'Exercising safely and effectively' during activities continues to be a focus. Pupils complete a multistage fitness test to measure their fitness</p> <p>Assessment outcome: Staff assessment and levels. Peer assessment. Scores / results in games / activities.</p>
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