



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

# 11N - Navigator Curriculum -

**NB - Bikeability and Golf sessions timings depend on the availability of coaches and may be different to those listed here on the SOW.**

Year	2021 – 2022 Autumn 1	2021 – 2022 Autumn 2	2021 – 2022 Spring 1	2021 – 2022 Spring 2	2021 – 2022 Summer 1	2021 – 2022 Summer 2
	<p><b><u>Topic:</u></b></p> <p>Football/Basketball (depends on weather) HRF/Bleep Test Kurling competition</p> <p><b><u>Suggested Key Questions:</u></b></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><b><u>Key Skills and</u></b></p>	<p><b><u>Topic:</u></b></p> <p>Basketball/Football <u>Golf *</u></p> <p><b><u>Suggested Key Questions:</u></b></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><b><u>Topic:</u></b></p> <p>Bikeability / <u>Golf *</u> Basketball/Football - Assessment Cricket ESE - Fitness Training- circuits</p> <p><b><u>Suggested Key Questions:</u></b></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?</p>	<p><b><u>Topic:</u></b></p> <p>Racket sports Badminton/Table Tennis/short tennis/tennis</p> <p><b><u>Suggested Key Questions:</u></b></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?</p>	<p><b><u>Topic:</u></b></p> <p>Athletics/Rounders Tennis/Racket Sports</p> <p><b><u>Suggested Key Questions:</u></b></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><b><u>Topic:</u></b></p> <p>Rounders Tennis/Badminton Pool/Snooker/ Gym (6<sup>th</sup> form) HRF -Bleep test</p> <p><b><u>Suggested Key Questions:</u></b></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><b><u>Knowledge:</u></b></p> <p>Entry Level PE - Students are working towards improving their grades for activities in their Entry Level qualification in PE. They select and apply skills, tactics, strategies and team skills for each activity including warm ups and equipment organisation. Students are taught the importance of planning in preparation for any activity.</p> <p>Pupil are taught analysis of performance and the more able pupils can show a good knowledge of rules and tactics through this. Pupils are assessed at all the Entry Level activities.</p> <p>Football and Basketball - Students continue to work towards their Entry Level qualification in PE. They select and apply more complex skills, tactics and strategies for each activity and practise analysing theirs and others' performance.</p> <p>Racket sports - They select and apply skills, tactics, strategies and team skills for each</p>	<p><b><u>Key Skills and Knowledge</u></b></p> <p>Entry Level PE - Students are working towards improving their grades for activities in their Entry Level qualification in PE. They select and apply skills, tactics, strategies and team skills for each activity including warm ups and equipment organisation. Students are taught the importance of planning in preparation for any activity.</p> <p>Pupil are taught analysis of performance and the more able pupils can show a good knowledge of rules and tactics through this. Pupils are assessed at all the Entry Level activities.</p> <p>Football and Basketball - Students continue to work towards their Entry Level qualification in PE. They select and apply more complex skills, tactics and strategies for each activity and practise analysing theirs and others' performance.</p>	<p><b><u>Key Skills and Knowledge:</u></b></p> <p>They take part in golf sessions including hitting over a longer distance, attending a golf course if possible and showing the skill to carry out shots with different clubs, putters etc. and are assessed in golf.</p> <p>-They take part in and are assessed in bikeability. Pupils can show there cycling ability by cycling through a coned area, showing control, varying speed, hand signals etc.</p> <p>-Cricket - Pupils select and apply skills, tactics, strategies and team skills for game situations.</p> <p>Students are taught the importance of planning in preparation for any activity. They also take part in circuit training and learn how to exercise safely and effectively.</p>	<p>Where could you play?</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Pupils take part in golf sessions including hitting over a longer distance, attending a golf course if possible and showing the skill to carry out shots with different clubs, putters etc. and are assessed in golf.</p> <p>-They take part in and are assessed in bikeability. Pupils can show there cycling ability by cycling through a coned area, showing control, varying speed, hand signals etc.</p> <p>-Cricket - Pupils select and apply skills, tactics, strategies and team skills for game situations.</p> <p>Racket sports - Students are working towards their Entry level qualification in PE. They select and apply skills, tactics, strategies and team skills for each activity. Exercising safely and effectively continues to be a focus.</p>	<p><b><u>Key Skills and Knowledge:</u></b></p> <p>Pupils should understand what makes a performance effective and how to apply these principles to their own and others' work.</p> <p>Pupils are taught to: use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, rounders and tennis.</p> <p>Pupils are working towards their Entry Level qualification in PE. They take part in and are assessed in cricket, rounders and athletics. They select and apply skills, tactics and strategies for each activity. Pupils are taught the importance of planning in preparation for any activity, this includes warm ups and equipment organisation and they are encouraged to appreciate the different roles in each activity.</p> <p>Pupils complete a multistage fitness test to measure their</p>	<p><b><u>Key Skills and Knowledge:</u></b></p> <p>Pupils should understand what makes a performance effective and how to apply these principles to their own and others' work.</p> <p>Pupils are taught to: use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, rounders and tennis.</p> <p>Pupils are working towards their Entry Level qualification in PE. They take part in and are assessed in cricket, rounders and athletics. They select and apply skills, tactics and strategies for each activity. 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	<p>racket sport activity. Tennis introduced to lessons.</p> <p>To continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>				<p>each activity.</p>	<p>fitness levels.</p>
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<p><b>Links to Gatsby Benchmarks:</b></p>	<p>3. Addressing the needs of each pupil  4. Linking curriculum learning to careers  5. Encounters with employers and employees.</p> <p>6. Experiences of workplaces</p> <p>Pupils health and physical needs are developed.  Students to consider what skills are needed to access the opportunities they are interested in. Discussing careers in sports and researching sports. Taking pupils to leisure / sports centres for tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.</p>	<p>3. Addressing the needs of each pupil  4. Linking curriculum learning to careers  5. Encounters with employers and employees.</p> <p>6. Experiences of workplaces</p> <p>Pupils health and physical needs are developed.  Students to consider what skills are needed to access the opportunities they are interested in. Discussing careers in sports and researching sports. Taking pupils to leisure / sports centres for tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.</p>	<p>3. Addressing the needs of each pupil  4. Linking curriculum learning to careers  5. Encounters with employers and employees.</p> <p>6. Experiences of workplaces</p> <p>Pupils health and physical needs are developed.  Students to consider what skills are needed to access the opportunities they are interested in. Discussing careers in sports and researching sports. Taking pupils to leisure / sports centres for tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.</p>	<p>3. Addressing the needs of each pupil  4. Linking curriculum learning to careers  5. Encounters with employers and employees.</p> <p>6. Experiences of workplaces</p> <p>Pupils health and physical needs are developed.  Students to consider what skills are needed to access the opportunities they are interested in. Discussing careers in sports and researching sports. Taking pupils to leisure / sports centres for tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.</p>	<p>3. Addressing the needs of each pupil  4. Linking curriculum learning to careers  5. Encounters with employers and employees.</p> <p>6. Experiences of workplaces</p> <p>Pupils health and physical needs are developed.  Students to consider what skills are needed to access the opportunities they are interested in. Discussing careers in sports and researching sports. Taking pupils to leisure / sports centres for tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.</p>	<p>3. Addressing the needs of each pupil  4. Linking curriculum learning to careers  5. Encounters with employers and employees.</p> <p>6. Experiences of workplaces</p> <p>Pupils health and physical needs are developed.  Students to consider what skills are needed to access the opportunities they are interested in. Discussing careers in sports and researching sports. Taking pupils to leisure / sports centres for tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.</p>
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