



## 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 7E - Explorer Curriculum –

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>Topic:</b></p> <p>Football/Basketball- HRF/Bleep Test Kurling competition</p> <p><b>Suggested Key Questions:</b></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><b>Topic:</b></p> <p>Basketball/Football</p> <p><b>Suggested Key Questions:</b></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><b>Topic:</b></p> <p>Fitness Training- circuits/Indoor Cricket</p> <p><b>Suggested Key Questions:</b></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><b>Topic:</b></p> <p>Indoor Cricket/ Racket sports - Short Tennis / Badminton</p> <p><b>Suggested Key Questions:</b></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><b>Topic:</b></p> <p>Athletics/Rounders Kurling/Boccia/Tri-Golf Cricket (wet weather)</p> <p><b>Suggested Key Questions:</b></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><b>Topic:</b></p> <p>Athletics / Rounders/Cricket / HRF -Bleep test</p> <p><b>Suggested Key Questions:</b></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><b><u>Key Skills and Knowledge:</u></b></p> <p>Students experience sessions in - -football and basketball and they are taught the basic, key skills – short passing, dribbling, shooting</p> <p>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>Exercising safely and effectively' is focused on during all activities.</p> <p>-Pupils are given opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect.</p>	<p><b><u>Key Skills and Knowledge:</u></b></p> <p>Students continue with Football and Basketball sessions, further developing their skills, the basic, key skills – short passing, dribbling, shooting</p> <p>Students are encouraged to develop their coordination and control. 'Exercising safely and effectively' is focused on during all activities.</p> <p>Pupils are introduced to activities such as Kurling / boccia which enables all pupils to achieve a measure of success. Basic techniques and skills are introduced in these activities.</p>	<p><b><u>Key Skills and Knowledge:</u></b></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>-indoor cricket sessions - they practise catching and throwing and are introduced to the basic techniques for batting and bowling. -Non-stop cricket is introduced.</p> <p>-Students participate in racket sports (short tennis), they are taught the basic grip, forehand / backhand / feet movement and aim to participate in rallies with other pupils</p> <p>Pupils are introduced to circuit training exercises to improve their health and fitness</p>	<p><b><u>Key Skills and Knowledge:</u></b></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>-indoor cricket sessions - they practise catching and throwing and are introduced to the basic techniques for batting and bowling. - Non-stop cricket is introduced.</p> <p>-Students participate in racket sports (short tennis), they are taught the basic grip, forehand / backhand / feet movement and aim to participate in rallies with other pupils</p>	<p><b><u>Key Skills and Knowledge:</u></b></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.</p> <p>'Exercising safely and effectively' during activities are focused on.</p> <p>-pupils take part in athletics and rounders, basic rules and techniques are introduced.</p>	<p><b><u>Key Skills and Knowledge:</u></b></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.</p> <p>'Exercising safely and effectively' during activities are focused on.</p> <p>-pupils take part in athletics and rounders, basic rules and techniques are introduced.</p>	<p><b><u>Key Skills and Knowledge:</u></b></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.</p> <p>'Exercising safely and effectively' during activities are focused on.</p> <p>-pupils take part in athletics and rounders, basic rules and techniques are introduced.</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.    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.    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.    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.    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.    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.    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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