

## 6.1 - Navigator Curriculum

### Subject PE 2 Subjects/Lessons weekly

Year	2022 – 2023 Autumn 1	2022 – 2023 Autumn 2	2022 – 2023 Spring 1	2022 – 2023 Spring 2	2022 – 2023 Summer 1	2022 – 2023 Summer 2
	<p><b>Topic:</b></p> <p>Health and Fitness (Gym)</p> <p><b>Suggested Key Questions:</b></p> <p>Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? Do you know the correct technique, for each activity?</p> <p><b>Key Skills and Knowledge:</b></p> <p>To provide opportunities for pupils to become physically confident in a way which supports their health and</p>	<p><b>Topic:</b></p> <p>Health and Fitness (Gym)</p> <p><b>Suggested Key Questions:</b></p> <p>Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? Do you know the correct technique, for each activity?</p> <p><b>Key Skills and Knowledge:</b></p> <p>To provide opportunities for pupils to become physically confident in a way which</p>	<p><b>Topic:</b></p> <p>Health and Fitness (Gym)</p> <p><b>Suggested Key Questions:</b></p> <p>Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? What do you need to bring with you when you are taking part in a session using the gym?</p> <p><b>Key Skills and Knowledge:</b></p> <p>To provide opportunities for pupils to become physically confident in a way which supports their</p>	<p><b>Topic:</b></p> <p>Health and Fitness (Gym)</p> <p><b>Suggested Key Questions:</b></p> <p>Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? What do you need to bring with you when you are taking part in a session using the gym?</p> <p><b>Key Skills and Knowledge:</b></p> <p>Pupils continue to work on improving their health and fitness by working in a gym.</p>	<p><b>Topic:</b></p> <p>Health and Fitness (Gym)</p> <p><b>Suggested Key Questions:</b></p> <p>Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? Can you name some of the safety factors for using gym equipment?</p> <p><b>Key Skills and Knowledge:</b></p> <p>Pupils continue to work on improving their health and fitness by working in a gym.</p>	<p><b>Topic:</b></p> <p>Health and Fitness (Gym)</p> <p><b>Suggested Key Questions:</b></p> <p>Have you used a gym outside of school? Why do we have to keep fit? What other exercise activities do you take part in? Can you analyse the performance of yourselves and others? Have you set improvement targets for each activity? Can you name some of the safety factors for using gym equipment?</p> <p><b>Key Skills and Knowledge:</b></p> <p>Pupils continue to work on improving their health and fitness by working in a gym.</p>

**Curriculum intent (overview) – To deepen students’ skills and knowledge through a broad and balanced curriculum which prepares students for adulthood.**

<p>fitness -pupils continue to work on improving their health and fitness by working in a gym. Targets are set by staff to improve their fitness levels by increasing their scores, in the different activities. Equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag.</p> <p>Some pupils choose to participate in fitness programmes from You Tube. Pupils are encouraged to improve their output in these sessions.</p> <p>Pupils are encouraged to increase the speed of their walking in walking sessions at Rookery Park.</p> <p>-Basketball – pupils will be encouraged to develop previously learnt skills and apply them in a game situation develop complex shooting like the lay up, shooting from different angles and distances and then they have to show these skills in game situations. Pupils encouraged to arrange the games themselves.</p> <p>-Tennis sessions – pupils to develop the skills needed to be able to hold a longer rally with an opponent. Focus on the technique for forehand and backhand shots. Pupils encouraged to arrange the matches themselves.</p>	<p>supports their health and fitness -pupils continue to work on improving their health and fitness by working in a gym. Targets are set by staff to improve their fitness levels by increasing their scores, in the different activities. Equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag.</p> <p>Some pupils choose to participate in fitness programmes from You Tube. Pupils are encouraged to improve their output in these sessions.</p> <p>Pupils are encouraged to increase the speed of their walking in walking sessions at Rookery Park.</p> <p>-Basketball – pupils will be encouraged to develop previously learnt skills and apply them in a game situation develop complex shooting like the lay up, shooting from different angles and distances and then they have to show these skills in game situations. Pupils encouraged to arrange the games themselves.</p> <p>-Tennis sessions – pupils to develop the skills needed to be able to hold a longer rally with an opponent. Focus on the technique for forehand and backhand shots. Pupils encouraged to arrange the matches themselves.</p>	<p>health and fitness -pupils continue to work on improving their health and fitness by working in a gym. Targets are set by staff to improve their fitness levels by increasing their scores, in the different activities. Equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag.</p> <p>Some pupils choose to participate in fitness programmes from You Tube. Pupils are encouraged to improve their output in these sessions.</p> <p>Pupils are encouraged to increase the speed of their walking in walking sessions at Rookery Park.</p> <p>-Basketball – pupils will be encouraged to develop previously learnt skills and apply them in a game situation develop complex shooting like the lay up, shooting from different angles and distances and then they have to show these skills in game situations. Pupils encouraged to arrange the games themselves.</p> <p>-Tennis sessions – pupils to develop the skills needed to be able to hold a longer rally with an opponent. Focus on the technique</p>	<p>Targets are set by the pupils to improve their fitness levels by increasing their scores, in the different activities. Pupils are encouraged to develop a specific skill of fitness area that they are interested in (eg boxing, weights or aerobic activities). Equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag.</p> <p>Some pupils choose to participate in fitness programmes from You Tube. Pupils are encouraged to find harder fitness programmes to maximise their energy output and continue to improve their fitness levels.</p> <p>Pupils are encouraged to increase the distance of their walking in walking sessions at Rookery Park.</p> <p>Basketball – pupils will be encouraged to develop previously learnt skills and apply them in a game situation develop complex shooting like the lay up, shooting from different angles and distances and then they have to show these skills in game</p>	<p>Targets are set by the pupils to improve their fitness levels by increasing their scores, in the different activities. Pupils are encouraged to develop a specific skill of fitness area that they are interested in (eg boxing, weights or aerobic activities). Equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag.</p> <p>Some pupils choose to participate in fitness programmes from You Tube. Pupils are encouraged to find harder fitness programmes to maximise their energy output and continue to improve their fitness levels.</p> <p>Pupils are encouraged to increase the distance of their walking in walking sessions at Rookery Park.</p> <p>Basketball – pupils will be encouraged to develop previously learnt skills and apply them in a game situation develop complex shooting like the lay up, shooting from different angles and distances and then they have to show these skills in game</p>	<p>Targets are set by the pupils to improve their fitness levels by increasing their scores, in the different activities. Pupils are encouraged to develop a specific skill of fitness area that they are interested in (eg boxing, weights or aerobic activities). Equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag.</p> <p>Some pupils choose to participate in fitness programmes from You Tube. Pupils are encouraged to find harder fitness programmes to maximise their energy output and continue to improve their fitness levels.</p> <p>Pupils are encouraged to increase the distance of their walking in walking sessions at Rookery Park.</p> <p>Basketball – pupils will be encouraged to develop previously learnt skills and apply them in a game situation develop complex shooting like the lay up, shooting from different angles and distances and then they have to show these skills in game</p>	<p>Targets are set by the pupils to improve their fitness levels by increasing their scores, in the different activities. Pupils are encouraged to develop a specific skill of fitness area that they are interested in (eg boxing, weights or aerobic activities). Equipment includes rowing machines, treadmill, cycle machine, cross trainer and a punch bag.</p> <p>Some pupils choose to participate in fitness programmes from You Tube. Pupils are encouraged to find harder fitness programmes to maximise their energy output and continue to improve their fitness levels.</p> <p>Pupils are encouraged to increase the distance of their walking in walking sessions at Rookery Park.</p> <p>Basketball – pupils will be encouraged to develop previously learnt skills and apply them in a game situation develop complex shooting like the lay up, shooting from different angles and distances and then they have to show these skills in game situations. Pupils encouraged to arrange</p>
--	--	---	--	--	--	---

**Curriculum intent (overview) – To deepen students’ skills and knowledge through a broad and balanced curriculum which prepares students for adulthood.**

			<p>for forehand and backhand shots. Pupils encouraged to arrange the matches themselves. health and fitness.</p>	<p>situations. Pupils encouraged to arrange and officiate the games themselves.</p> <p>-Tennis sessions – pupils to develop the skills needed to be able to hold a longer rally with an opponent. Focus on the technique for forehand and backhand shots and foot movement. Pupils encouraged to arrange and officiate the matches themselves.</p> <p>Pupils to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>	<p>situations. Pupils encouraged to arrange and officiate the games themselves.</p> <p>-Tennis sessions – pupils to develop the skills needed to be able to hold a longer rally with an opponent. Focus on the technique for forehand and backhand shots and foot movement. Pupils encouraged to arrange and officiate the matches themselves.</p> <p>Pupils to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>	<p>and officiate the games themselves.</p> <p>-Tennis sessions – pupils to develop the skills needed to be able to hold a longer rally with an opponent. Focus on the technique for forehand and backhand shots and foot movement. Pupils encouraged to arrange and officiate the matches themselves.</p> <p>Pupils to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>
--	--	--	--	--	--	---

**Curriculum intent (overview) – To deepen students’ skills and knowledge through a broad and balanced curriculum which prepares students for adulthood.**

<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>
---	---	---	---	---	---	---

**Curriculum intent (overview) – To deepen students' skills and knowledge through a broad and balanced curriculum which prepares students for adulthood.**