

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

7N - Navigation 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>Topic:</p> <p>Football/Basketball- HRF/Bleep Test Kurling competition</p> <p>Suggested 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>Key Skills and Knowledge:</p> <p>Students experience sessions in - -football and</p>	<p>Topic:</p> <p>Basketball/Football</p> <p>Suggested 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>Key Skills and Knowledge:</p> <p>Students experience sessions in - -football and basketball and they are taught the</p>	<p>Topic:</p> <p>Fitness Training- circuits/Indoor Cricket</p> <p>Suggested 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?</p> <p>Key Skills and Knowledge:</p> <p>Pupils take part in circuit training to improve their health and fitness.Pupils keep a record of their</p>	<p>Topic:</p> <p>Indoor Cricket/ Racket sports - Short Tennis / Badminton</p> <p>Suggested 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?</p> <p>Key Skills and Knowledge:</p> <p>Pupils experience indoor cricket sessions. They practise catching and throwing and are</p>	<p>Topic:</p> <p>Athletics/Rounders Kurling/Boccia/Tri-Golf Cricket (wet weather)</p> <p>Suggested 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>Key Skills and Knowledge:</p> <p>‘Exercising safely and effectively’ during activities are focused on.</p>	<p>Topic:</p> <p>Athletics / Rounders/Cricket / HRF -Bleep test</p> <p>Suggested 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>Key Skills and Knowledge:</p> <p>‘Exercising safely and effectively’ during activities are focused on.</p>

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	<p>basketball and they are taught the basic, key skills – short passing, dribbling, shooting</p> <p>Pupils complete a multistage fitness test to base-line measure their fitness levels. Pupils are introduced to circuit training exercises to improve their health and fitness.</p> <p>Students are encouraged to develop their coordination and control. Scoring, rules of games and tactics are introduced. 'Exercising safely and effectively' is focused on during all activities.</p>	<p>basic, key skills – short passing, dribbling, shooting</p> <p>Pupils complete a multistage fitness test to base-line measure their fitness levels. Pupils are introduced to circuit training exercises to improve their health and fitness.</p> <p>Students are encouraged to develop their coordination and control. Scoring, rules of games and tactics are introduced. 'Exercising safely and effectively' is focused on during all activities.</p>	<p>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>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>-pupils take part in athletics and rounders, basic rules and techniques are introduced.</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>-pupils take part in athletics and rounders, basic rules and techniques are introduced.</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>Links to Gatsby Benchmarks :</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>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>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>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>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>3. Addressing the needs of each pupil 4. Linking curriculum learning to careers 5. Encounters with employers and employees. 6. Experiences of workplaces</p>

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	<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>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>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>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>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>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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