

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

## Class 3Q1- Quest Curriculum – 2 Subjects/Lessons weekly

Year	2023 – 2024 Autumn 1	2023 – 2024 Autumn 2	2023 – 2024 Spring 1	2023 – 2024 Spring 2	2023 – 2024 Summer 1	2023 – 2024 Summer 2
	<p><b>Topic:</b> Football/Basketball- HRF/Bleep Test Kurling competition Target throwing, Kurling, mini-trampolines, yoga.</p> <p><b>Suggested Key Questions:</b></p> <ul style="list-style-type: none"> <li>-Can you think of some key words for football?</li> <li>-Why is it important to exercise?</li> <li>-What is meant by tactics?</li> <li>-Can you state some tactics of football?</li> <li>-Do you play football / basketball out of school?</li> </ul> <p><b>Key Skills and Knowledge:</b></p> <p>Discovery students experience Football and Basketball sessions and are taught the key skills in each activity. Students are</p>	<p><b>Topic:</b> Basketball/Football Target throwing, Kurling, mini-trampolines, yoga.</p> <p><b>Suggested Key Questions:</b></p> <ul style="list-style-type: none"> <li>-Can you think of some key words for Basketball?</li> <li>-Why is it important to exercise?</li> <li>-What is meant by tactics?</li> <li>-Can you state some tactics of football?</li> <li>-Do you play for any clubs or teams?</li> </ul> <p><b>Key Skills and Knowledge:</b></p> <p>Discovery students continue with Football and Basketball sessions, further developing their skills. Students are encouraged to develop their coordination and</p>	<p><b>Topic:</b> Fitness Training- circuits/Indoor Cricket Target throwing, Kurling, mini-trampolines, yoga.</p> <p><b>Suggested Key Questions:</b></p> <ul style="list-style-type: none"> <li>-Can you think of some key words for fitness training?</li> <li>-Why is it important to exercise?</li> <li>-What is meant by tactics?</li> <li>-Can you state some tactics of cricket?</li> <li>-Do you play football / cricket out of school?</li> </ul> <p><b>Key Skills and Knowledge:</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</p>	<p><b>Topic:</b> Indoor Cricket/ Racket sports - Short Tennis / Badminton</p> <p><b>Suggested Key Questions:</b></p> <ul style="list-style-type: none"> <li>-Can you think of some key words for tennis?</li> <li>-Why is it important to exercise?</li> <li>-What is meant by tactics?</li> <li>-Can you state some tactics of racket sports?</li> <li>-Do you play racket sports out of school?</li> <li>-Do you play for any clubs or teams? Where could you play?</li> </ul> <p><b>Key Skills and Knowledge:</b></p> <p>Pupils experience indoor cricket sessions. They practise catching and throwing and are taught the basic techniques for batting and bowling. Students</p>	<p><b>Topic:</b> Athletics/Rounders Kurling/Boccia/Tri-Golf Cricket (wet weather)</p> <p><b>Suggested Key Questions:</b></p> <ul style="list-style-type: none"> <li>-Can you think of some key words for athletics?</li> <li>-Why is it important to exercise?</li> <li>-What is meant by tactics?</li> <li>-Can you state some tactics of rounders?</li> <li>-Do you play athletics out of school?</li> </ul> <p><b>Key Skills and Knowledge:</b></p> <p>Discovery 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</p>	<p><b>Topic:</b> Athletics / Rounders/Cricket / HRF -Bleep test</p> <p><b>Suggested Key Questions:</b></p> <ul style="list-style-type: none"> <li>-Can you think of some key words for athletics?</li> <li>-Why is it important to exercise?</li> <li>-Can you state the main activities in athletics?</li> <li>-Do you play athletics out of school? Where could you play?</li> </ul> <p><b>Key Skills and Knowledge:</b></p> <p>Discovery 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>

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	<p>encouraged to develop their coordination and control. Scoring, rules of games and tactics are introduced. Pupils are taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities eg – cricket, athletics, basketball etc.</p> <p>football and basketball – the basic, key skills – passing, dribbling, shooting.</p>	<p>control. 'Exercising safely and effectively' is focused on during all activities. Pupils experience a variety of simple games to develop these skills – eg – target throwing, mini-trampolines, perform dances using simple movement patterns, yoga.</p> <p>football and basketball – the basic, key skills – passing, dribbling, shooting.</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>encouraged to increase their scores. 'Exercising safely and effectively' are focused on. Pupils develop their skills in Kurling and boccia.</p> <p>-indoor cricket sessions - simple catching and throwing and are introduced to the basic techniques for batting and bowling. - Racket sports - the basic grip, forehand / backhand / feet movement. Students are encouraged to develop their coordination and control. Scoring, rules of games and tactics are introduced. Pupils are introduced to circuit training exercises to improve their health and fitness.</p>	<p>participate in racket sports, they are taught the basic grip, forehand / backhand / feet movement.</p> <p>-indoor cricket sessions - simple catching and throwing and are introduced to the basic techniques for batting and bowling. - Racket sports - the basic grip, forehand / backhand / feet movement. Students are encouraged to develop their coordination and control. Scoring, rules of games and tactics are introduced. Pupils are introduced to circuit training exercises to improve their health and fitness.</p>	<p>are introduced. 'Exercising safely and effectively' during activities are focused on.</p> <p>-athletics and rounders, basic rules and techniques are introduced.</p> <p>-indoor cricket sessions - simple catching and throwing and are introduced to the basic techniques for batting and bowling.</p>	<p>'Exercising safely and effectively' during activities are focused on.</p> <p>-athletics and rounders, basic rules and techniques are introduced.</p> <p>-indoor cricket sessions - simple catching and throwing and are introduced to the basic techniques for batting and bowling.</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           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           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           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           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           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           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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