

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

Subject PE 2 Subjects/Lessons weekly 9E - Explorer Curriculum –

Year	2023 – 2024 Autumn 1	2023 – 2024 2023 – 2024 Autumn 2	2023 – 2024 Spring 1	2023 – 2024 Spring 2	2023 – 2024 Summer 1	2023 – 2024 Summer 2
	<p><u>Topic:</u></p> <p>Hockey/Rugby</p> <p><u>Suggested Key Questions:</u></p> <ul style="list-style-type: none"> -Can you think of some key words for hockey/rugby? -Do you know some different positions for players in hockey/rugby? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of hockey/rugby? -Do you play hockey/rugby out of school? -Do you play for any clubs or teams? <p><u>Key Skills and Knowledge:</u></p> <p>Students will experience sessions in hockey and</p>	<p><u>Topic:</u></p> <p>Basketball/Football</p> <p><u>Suggested Key Questions:</u></p> <ul style="list-style-type: none"> -Can you think of some key words for Football/Basketball? -How many players play in a football/basketball team? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of football/basketball? -Do you play football / basketball out of school? -Do you play for any clubs or teams? <p><u>Key Skills and Knowledge:</u></p>	<p><u>Topic:</u></p> <p>Indoor Cricket HRF - Fitness Training-circuits</p> <p><u>Suggested Key Questions:</u></p> <ul style="list-style-type: none"> -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? -Are you an experienced swimmer? <p><u>Key Skills and Knowledge:</u></p> <p>Indoor Cricket - Students take part in</p>	<p><u>Topic:</u></p> <p>Racket sports Badminton/Table Tennis/short tennis/tennis Indoor Cricket HRF - Fitness Training-circuits</p> <p><u>Suggested Key Questions:</u></p> <ul style="list-style-type: none"> -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? Where could you play? Why is it important to learn to swim? <p><u>Key Skills and Knowledge:</u></p>	<p><u>Topic:</u></p> <p>Athletics/Rounders Kurling/Boccia/Tri-Golf Cricket (wet weather)</p> <p><u>Suggested Key Questions:</u></p> <ul style="list-style-type: none"> -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><u>Key Skills and Knowledge:</u></p> <p>Year 9 pupils take</p>	<p><u>Topic:</u></p> <p>Athletics / Rounders/Cricket / HRF -Bleep test</p> <p><u>Suggested Key Questions:</u></p> <ul style="list-style-type: none"> -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><u>Key Skills and Knowledge:</u></p> <p>Year 9 pupils take part</p>

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	<p>refine their key skills such as passing techniques, dribbling in tight areas, correct tackling technique, shooting from different areas of the pitch, and attacking and defending. Students will also experience sessions in rugby and will refine their key skills such as passing (short and long distance), fading, tackling, rucking, and scoring tries. Students are encouraged to develop their tactics and skills in game situations, e.g. defence and attack and work on strategies to outwit opponents. This is with the aim of building towards their PE entry level assessments in KS4.</p>	<p>Students will experience sessions in football and refine their key skills such as passing (short, long, lofted), dribbling, defending, attacking and shooting.</p> <p>Students will also experience sessions in basketball and will refine their key skills such as passing, dribbling, defense, offense and shooting (set shot, lay-up).</p> <p>Students are encouraged to develop their tactics and skills in game situations, e.g. defence and attack and work on strategies to outwit opponents. This is with the aim of building towards their PE entry level assessments in KS4.</p>	<p>indoor and outdoor cricket sessions to prepare themselves for the Entry Level exam at Key Stage 4. Batting (defensive and attacking shots), bowling (accuracy and pace) and fielding techniques are developed as well as scoring and tactics.</p> <p>They also take part in circuit training to improve their health and fitness.</p> <p>Pupils begin to develop their ability to organise activities and officiate if appropriate.</p> <p>Racket Sports, badminton, short tennis and table tennis are taught, more able pupils to develop shot selection and tactics.</p>	<p>Racket Sports , badminton , short tennis and table tennis. Students continue to prepare themselves for the Entry Level Exam in Key Stage 4 .They are encouraged to develop their tactics and skills and strategies to 'outwit an opponent'. They also continue to take part in circuit training sessions to improve their health and fitness.</p> <p>Indoor Cricket - Students take part in indoor and outdoor cricket sessions to prepare themselves for the Entry Level exam at Key Stage 4. Batting (defensive and attacking shots), bowling (accuracy and pace) and fielding techniques are developed as well as scoring and tactics.</p> <p>Racket Sports, badminton, short tennis and table tennis are taught, more able pupils to develop shot selection and tactics.</p>	<p>part in athletics, rounders and cricket and also take part in activities such as Kurling / boccia and tri-golf. They continue to prepare themselves for the Entry Level exam in key stage 4. Pupils begin to develop their ability to organise activities and to officiate if appropriate.</p> <p>-athletics and rounders, more able pupils to further develop technique for throwing events and running events, pupils to deliver the bowling in rounders where possible, fielding tactics are taught.</p>	<p>in athletics, rounders and cricket and also take part in activities such as Kurling / boccia and tri-golf.</p> <p>Pupils begin to develop their ability to organise activities and to officiate if appropriate. They continue to prepare themselves for the Entry Level exam in key stage 4.</p> <p>Pupils complete a multistage fitness test to measure their fitness levels.</p> <p>Pupils continue to develop their ability to organise activities and to officiate if appropriate.</p> <p>-athletics and rounders, more able pupils to further develop technique for throwing events and running events, pupils to deliver the bowling in rounders where possible, fielding tactics are taught.</p>
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<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 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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