

**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**

**10E - Explorer Curriculum –**

**NB - Bikeability and Golf sessions timings depend on the availability of coaches and may be different to those listed here on the SOW.**

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><u>Topic:</u></b></p> <p>Football</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>-Can you think of some key words for football? -Do you know some different positions for players in football? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of football? -Do you play football out of school? -Do you play for any clubs or teams?</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Entry Level PE - Students are working towards their Entry Level qualification in PE. They select and</p>	<p><b><u>Topic:</u></b></p> <p>Basketball/Football</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>-Can you think of some key words for football? -Do you know some different positions for players in 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><u>Key Skills and Knowledge:</u></b></p> <p>Football and Basketball - Students are working towards their Entry Level</p>	<p>Unit 3</p> <p>Bikeability * Cricket ESE - Fitness Training-circuits</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>-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?</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Cricket - Students are working towards their Entry level qualification in PE. They select and apply skills, tactics,</p>	<p>Unit 4</p> <p>Racket sports Badminton/Table Tennis/short tennis/tennis</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>-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?</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Racket sports - Students are working</p>	<p>Unit 5</p> <p>Athletics/Rounders Tennis/Racket Sports</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>-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> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Pupils are working towards their Entry</p>	<p>Unit 6</p> <p><u>Golf</u> * Rounders/Cricket Tennis/Gym (6<sup>th</sup> form) HRF -Bleep test</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>-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> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Pupils are working</p>

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<p>apply skills, tactics, strategies and team skills for each activity including warm-ups and equipment organisation. Students are taught the importance of planning in preparation for any activity.</p> <p>Students will experience sessions in football to improve their proficiency in the key skills of the game such as passing, control, pressing, attacking/defending, and shooting. More able pupils will show the impact they can have on a game situation with their range of skills, decision making and the ability to help and encourage others.</p>	<p>qualification in PE. They select and apply skills, tactics, strategies and team skills for each activity including warm ups and equipment organisation. Students are taught the importance of planning in preparation for any activity.</p> <p>-Football – more able pupils will show the impact they can have on a game situation with their range of skills, decision making and the ability to help and encourage others.</p> <p>-Basketball – students are taught more complex shooting like the lay up, shooting from different angles and distances and then they have to show these skills in game situations.</p>	<p>strategies and team skills for each activity. Students are taught the importance of planning in preparation for any activity. They also take part in circuit training and learn how to exercise safely and effectively.</p> <p>-Cricket – tactics, fielding positions, batting and bowling techniques are further developed, more able pupils to bowl with a straight arm and bat with correct technique .</p> <p>-Golf – pupils are taught the basic techniques for playing golf- grip, stance etc.</p> <p>-Cycling – Pupils take part in and are assessed in bikeability. Pupils are taught about road safety, basic bicycle maintenance and basic techniques for cycling.</p> <p>Pupils also continue to take part in circuit training to develop and maintain their fitness levels</p>	<p>towards their Entry level qualification in PE. They select and apply skills, tactics, strategies and team skills for each activity. Exercising safely and effectively continues to be a focus.</p> <p>-Cricket – tactics, fielding positions, batting and bowling techniques are further developed, more able pupils to bowl with a straight arm and bat with correct technique .</p> <p>-Golf – pupils are taught the basic techniques for playing golf- grip, stance etc.</p> <p>-Cycling – They take part in and are assessed in bikeability. Pupils are taught about road safety, basic bicycle maintenance and basic techniques for cycling.</p>	<p>Level qualification in PE. They take part in and are assessed in cricket, rounders, tennis and athletics. They select and apply skills, tactics, strategies and team skills. Pupils are taught the importance of planning in preparation for any activity, this includes warm ups and equipment organisation and they are encouraged to appreciate the different roles in each activity.</p> <p>Racket sports – More able pupils can serve with correct technique, show decent technique for grip, show an ability to overcome an opponent and can score games themselves</p>	<p>towards their Entry Level qualification in PE. They take part in and are assessed in golf, cricket, rounders and athletics. They select and apply skills, tactics and strategies for each activity. Pupils are taught the importance of planning in preparation for any activity, this includes warm ups and equipment organisation and they are encouraged to appreciate the different roles in each activity. Pupils complete a multistage fitness test to measure their fitness levels.</p> <p>Racket sports – More able pupils can serve with correct technique, show decent technique for grip, show an ability to overcome an opponent and can score games themselves</p>
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Gatsby benchmarks	<p>3. Addressing the needs of each pupil 4. Linking curriculum learning to careers 5. Encounters with employers and employees.</p> <p>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</p>	<p>3. Addressing the needs of each pupil 4. Linking curriculum learning to careers 5. Encounters with employers and employees.</p> <p>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</p>	<p>3. Addressing the needs of each pupil 4. Linking curriculum learning to careers 5. Encounters with employers and employees.</p> <p>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</p>	<p>3. Addressing the needs of each pupil 4. Linking curriculum learning to careers 5. Encounters with employers and employees.</p> <p>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</p>	<p>3. Addressing the needs of each pupil 4. Linking curriculum learning to careers 5. Encounters with employers and employees.</p> <p>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</p>	<p>3. Addressing the needs of each pupil 4. Linking curriculum learning to careers 5. Encounters with employers and employees.</p> <p>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</p>

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	leisure centre or a personal trainer or a coach to talk to students.	leisure centre or a personal trainer or a coach to talk to students.	employees or employers from a leisure centre or a personal trainer or a coach to talk to students.	centres for tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.	centres for tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.	tournaments, meeting employees or employers from a leisure centre or a personal trainer or a coach to talk to students.
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