

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

## 10N - Navigator Curriculum – Subject PE 2 Subjects/Lessons weekly

**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?</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Entry Level PE - Students are working towards their Entry</p>	<p><b><u>Topic:</u></b></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 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>-Cricket – tactics, fielding positions, batting and bowling</p>	<p><b><u>Topic:</u></b></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>-Cricket – tactics, fielding positions, batting and bowling</p>	<p><b><u>Topic:</u></b></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>-Golf – pupils are taught the basic</p>	<p><b><u>Topic:</u></b></p> <p>Golf * 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>-Golf – pupils are taught the basic</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>Level 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>Students experience sessions in -</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>techniques are further developed, more able pupils to bowl with a straight arm and bat with correct technique</p> <p>They take part in and are assessed in bikeability.</p> <p>They also take part in circuit training and learn how to exercise safely and effectively.</p> <p>-Golf – pupils are taught the basic techniques for playing golf- grip, stance etc.</p> <p>-Cycling – 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>techniques are further developed, more able pupils to bowl with a straight arm and bat with correct technique</p> <p>Racket sports - Students are working 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>-Golf – pupils are taught the basic techniques for playing golf- grip, stance etc.</p> <p>-Cycling – Pupils are taught about road safety, basic bicycle maintenance and basic techniques for cycling</p>	<p>techniques for playing golf- grip, stance etc.</p> <p>-Cycling – Pupils are taught about road safety, basic bicycle maintenance and basic techniques for cycling</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>techniques for playing golf- grip, stance etc.</p> <p>-Cycling – Pupils are taught about road safety, basic bicycle maintenance and basic techniques for cycling</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><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.</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 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.</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 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.</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 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.</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 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.</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 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.</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 leisure centre or a personal trainer or a coach to talk to students.</p>

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