

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 7E - Explorer Curriculum –

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><u>Topic:</u></p> <p>Hockey/Rugby</p> <p><u>Suggested Key Questions:</u></p> <p>-Can you think of some key words for Hockey and Rugby? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of Hockey and Rugby? -Do you play Hockey/Rugby out of school? -Do you play for any clubs or teams?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Students will experience sessions in hockey, and they are taught the basic,</p>	<p><u>Topic:</u></p> <p>Basketball/Football</p> <p><u>Suggested Key Questions:</u></p> <p>-Can you think of some key words for Basketball and Football? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of football and Basketball? -Do you play football / basketball out of school? -Do you play for any clubs or teams?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Students will experience sessions in football, and they are taught the</p>	<p><u>Topic:</u></p> <p>Fitness Training-circuits/Indoor Cricket</p> <p><u>Suggested Key Questions:</u></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><u>Key Skills and Knowledge:</u></p> <p>Pupils take part in circuit training to improve their health and fitness.Pupils keep a record of their</p>	<p><u>Topic:</u></p> <p>Indoor Cricket/ Racket sports - Short Tennis / Badminton</p> <p><u>Suggested Key Questions:</u></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><u>Key Skills and Knowledge:</u></p> <p>Pupils experience indoor cricket sessions. They practise catching and</p>	<p><u>Topic:</u></p> <p>Athletics/Rounders Kurling/Boccia/Tri-Golf Cricket (wet weather)</p> <p><u>Suggested Key Questions:</u></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><u>Key Skills and Knowledge:</u></p> <p>Year 7 pupils take part in sports such as athletics, cricket and rounders and also</p>	<p><u>Topic:</u></p> <p>Athletics / Rounders/Cricket / HRF -Bleep test</p> <p><u>Suggested Key Questions:</u></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><u>Key Skills and Knowledge:</u></p> <p>Year 7 pupils take part in sports such as athletics, cricket and rounders. Pupils</p>

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	<p>key skills such as passing techniques, holding the hockey stick, dribbling, tackling, and shooting.</p> <p>Students will also experience sessions in rugby and will be taught the basic, key skills such as passing, ball handling, fading, presenting as well as scoring tries.</p> <p>Students are taught the different scoring and rules of both sports with a tactical element introduced to improve performance.</p>	<p>basic, key skills such as passing, dribbling, defending and shooting.</p> <p>Students will also experience sessions in basketball and will be taught the basic, key skills such as passing, ball handling, dribbling, blocking and shooting.</p> <p>Students are taught the different scoring and rules of both sports with a tactical element introduced to improve performance.</p> <p>Students are encouraged to develop their coordination and control. '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>-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 are introduced to circuit training exercises to improve their health and fitness</p>	<p>throwing and are taught the basic techniques for batting and bowling.</p> <p>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>take part in activities such as Kurling / boccia and tri-golf. Basic techniques and skills are introduced.</p> <p>'Exercising safely and effectively' during activities are focused on.</p> <p>-pupils take part in athletics and rounders, basic rules and techniques are introduced.</p>	<p>complete the multistage fitness test to measure if their fitness levels have improved.</p> <p>'Exercising safely and effectively' during activities are focused on.</p> <p>-pupils take part in athletics and rounders, basic rules and techniques are introduced.</p>
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Links to 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 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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