

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

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

Year	2024 – 2025 Autumn 1	2024 – 2025 Autumn 2	2024 – 2025 Spring 1	2024 – 2025 Spring 2	2024 – 2025 Summer 1	2024 – 2025 Summer 2
	<p>Topic: Handball/Basketball</p> <p>Suggested Key Questions: -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of Handball/Basketball? -Do you play Handball/basketball out of school?</p> <p>Key Skills and Knowledge: Discovery students experience Handball and Basketball sessions and are taught the key skills in each activity. Students are encouraged to develop their coordination and control. Scoring, rules of games and tactics</p>	<p>Topic: Basketball Target throwing, Kurling, mini-trampolines, yoga.</p> <p>Suggested Key Questions: -Can you think of some key words for Basketball? -Why is it important to exercise? -What is meant by tactics? -Do you play for any clubs or teams?</p> <p>Key Skills and Knowledge: Discovery students begin to experience Basketball sessions, and begin to develop their skills basic skills such as passing. Students are encouraged to develop their coordination and control. 'Exercising safely and effectively'</p>	<p>Topic: Fitness Training- circuits Target throwing, Kurling, mini-trampolines, yoga.</p> <p>Suggested Key Questions: -Can you think of some key words for fitness training? -Why is it important to exercise? -What is meant by tactics?</p> <p>Key Skills and Knowledge: Pupils take part in circuit training to improve their health and fitness. Pupils keep a record of their scores in different exercises and are encouraged to increase their scores.'Exercising safely and effectively'</p>	<p>Topic: Indoor Cricket/ Racket sports - Short Tennis / Badminton</p> <p>Suggested Key Questions: -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?</p> <p>Key Skills and Knowledge: Pupils experience indoor cricket sessions. They practise catching and throwing and are taught the basic techniques for batting and bowling. Students participate in racket sports, they are taught the basic grip,</p>	<p>Topic: Athletics/Rounders Kurling/Boccia (wet weather)</p> <p>Suggested Key Questions: -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?</p> <p>Key Skills and Knowledge: Discovery pupils take part in sports such as athletics and rounder's and take part in activities such as Kurling / boccia and tri-golf. Basic techniques and skills are introduced. 'Exercising safely and effectively' during</p>	<p>Topic: Athletics / Rounders/Cricket / HRF -Bleep test</p> <p>Suggested Key Questions: -Can you think of some key words for athletics? -Why is it important to exercise? -Can you state the main activities in athletics? -Do you play athletics out of school? Where could you play?</p> <p>Key Skills and Knowledge: 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. 'Exercising safely and effectively' during</p>

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	<p>are introduced. Pupils are taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of game-based activities.</p>	<p>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>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>are focused on. Pupils develop their skills in Kurling and boccia.</p> <p>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>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>activities are focused on. -athletics and rounder’s, basic rules and techniques are introduced.</p>	<p>activities are focused on. -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>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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