

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

## 9N - Navigator Curriculum – Subject PE 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><b><u>Topic:</u></b></p> <p>Rugby/Handball</p> <p><b><u>Suggested Key Questions:</u></b></p> <p>-Can you think of some key words for rugby and handball? -Do you know some different positions for players in rugby and handball? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of rugby and handball? -Do you play rugby and handball out of school? -Do you play for any clubs or teams?</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Students will</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 Basketball/football? -Do you know some different positions for players in basketball/football? -Why is it important to exercise? -What is meant by tactics? -Can you state some tactics of basketball/football? -Do you play football / basketball out of school? -Do you play for any clubs or teams?</p> <p><b><u>Key Skills and</u></b></p>	<p><b><u>Topic:</u></b></p> <p>Indoor Cricket HRF - 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? -Are you an experienced swimmer?</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>-Cricket. Students take</p>	<p><b><u>Topic:</u></b></p> <p>Racket sports Badminton/Table Tennis/short tennis/tennis Indoor Cricket HRF - Fitness Training-circuits</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. Students take</p>	<p><b><u>Topic:</u></b></p> <p>Athletics/Rounders Kurling/Boccia/Tri-Golf Cricket (wet weather)</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>-athletics and</p>	<p><b><u>Topic:</u></b></p> <p>Athletics / Rounders/Cricket / 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>-athletics and</p>

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	<p>experience sessions in rugby and will refine their key skills such as passing (short and long distance), fading, tackling, rucking, and scoring tries.</p> <p>Students will also experience sessions in handball, and they will refine their key skills such as passing techniques (short and long distance), dribbling, defending, attacking, shooting, and applied use of tactics.</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><b>Knowledge:</b></p> <p>Students will 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 will also experience sessions in football and refine their key skills such as passing (short, long, lofted), dribbling, defending, attacking and shooting.</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>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>-circuit training to improve their health and fitness.</p>	<p>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>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>Pupils begin to develop their ability to organise activities and officiate in a variety of activities if appropriate</p>	<p>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>Pupils complete a multistage fitness test to measure their fitness levels and they continue to develop their ability to organise activities and to officiate if appropriate.</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.          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.          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.          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.          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.          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.          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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