

**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**

## **4D - Discovery 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	2025 – 2026 Autumn 1	2025 – 2026 Autumn 2	2025 – 2026 Spring 1	2025 – 2026 Spring 2	2025 – 2026 Summer 1	2025 – 2026 Summer 2
<b>Foundati on and Core Sport Skills</b>	<b>Unit 1</b>  Football  <u><b>Suggested Key Questions:</b></u>  What are the basic rules of football? Why do we warm up? How do we work together on the pitch?  <u><b>Key Skills and Knowledge:</b></u>  Introduce basic football skills: passing, dribbling, spatial awareness. Understanding of teamwork and fair play. Warm-up routines.	<b>Unit 2</b>  Basketball, Cycling  <u><b>Suggested Key Questions:</b></u>  How do you pass in basketball? Why is road safety important for cycling?  <u><b>Key Skills and Knowledge:</b></u>  Basketball: passing, dribbling, shooting. Cycling: balance, control, intro to safety and rules of the road.	<b>Unit 3</b>  Cricket, Performance Analysis  <u><b>Suggested Key Questions:</b></u>  What does a good cricketer do? How can we measure improvement?  <u><b>Key Skills and Knowledge:</b></u>  Fielding, bowling and batting. Basic performance review through observation. Circuit training.	<b>Unit 4</b>  Athletics, Boccia  <u><b>Suggested Key Questions:</b></u>  How do you throw safely? How can Boccia improve our aim?  <u><b>Key Skills and Knowledge:</b></u>  Running, jumping, throwing techniques. Precision throwing and turn-taking in Boccia.	<b>Unit 5</b>  Conditioned games  <u><b>Suggested Key Questions:</b></u>  What makes a fair team? What are your responsibilities during a game?  <u><b>Key Skills and Knowledge:</b></u>  Structured team games with adapted rules. Refining strategy, roles, and communication.	<b>Unit 6</b>  Athletics, Striking and Fielding  <u><b>Suggested Key Questions:</b></u>  Which athletics events do you enjoy? What skills help in rounders or cricket?  <u><b>Key Skills and Knowledge:</b></u>  Refine athletics events (running, jumping, throwing). Apply striking and fielding skills in simplified games.
<b>Links to Gatsby Benchmarks:</b>	GB3 – Needs of each pupil GB4 – Curriculum to careers (e.g., sports roles)	GB3, GB6 – Safety in the workplace GB4 – Roles in sport and leisure	GB3, GB4 – Progress review and data use in careers	GB3, GB4 – Inclusive sports and coaching	GB3, GB5 – Social interaction, careers in officiating	GB3, GB4, GB6 – PE in public sport settings

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<b>Progression and Application in Sport</b>	<b>Unit 1</b> Football  <u><b>Suggested Key Questions:</b></u> What is a game plan? How do we use space effectively?  <u><b>Key Skills and Knowledge:</b></u> Game awareness, positions and strategy. Organising equipment and leading warm-ups.	<b>Unit 2</b> Basketball, Cycling  <u><b>Suggested Key Questions:</b></u> How do we keep safe while cycling? What tactics help in basketball?  <u><b>Key Skills and Knowledge:</b></u> Basketball: defensive positioning, shooting under pressure. Cycling: road signs, group riding.	<b>Unit 3</b> Cricket, Performance Analysis  <u><b>Suggested Key Questions:</b></u> What helps us improve in sport? How can we observe and give feedback?  <u><b>Key Skills and Knowledge:</b></u> Match analysis, recording performance. Bowling techniques and understanding roles.	<b>Unit 4</b> Athletics, Boccia  <u><b>Suggested Key Questions:</b></u> How can we improve speed and control? How does precision help in different sports?  <u><b>Key Skills and Knowledge:</b></u> Timed sprinting, improving jump/throw results. Tactical target games (Boccia).	<b>Unit 5</b> Conditioned Games  <u><b>Suggested Key Questions:</b></u> How do we create inclusive games? Why is sportsmanship important?  <u><b>Key Skills and Knowledge:</b></u> Designing game rules. Respectful competition, feedback to peers.	<b>Unit 6</b> Athletics, Striking and Fielding  <u><b>Suggested Key Questions:</b></u> What techniques help us score? How can we support teammates on the field?  <u><b>Key Skills and Knowledge:</b></u> Combination of tactical striking and supportive fielding. Tracking athletics improvements.
<b>Links to Gatsby Benchmarks:</b>	GB4 – Coaching and officiating careers GB5 – Visits from local team coaches	GB3, GB6 – Outdoor learning and local club visits	GB4, GB5 – Use of technology in sport and analysis careers	GB3, GB4 – Goal-setting in sports	GB4 – Planning events GB5 – Leadership in PE	GB3, GB4, GB6 – Progress tracking and post-school sport routes

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### **Progression Overview:**

<b>Area of Focus</b>	<b>Year 1 (2025–2026) – Foundation and Core Sport Skills</b>	<b>Year 2 (2026–2027) – Progression and Application in Sport</b>
<b>Motor Skills &amp; Fitness</b>	Introduction to basic movement patterns: running, throwing, balance, coordination.	Improved performance in athletics, striking/fielding, and cardiovascular fitness.
<b>Sport-specific Skills</b>	Basic skills in football, basketball, cricket, athletics, and boccia.	Enhanced technique: game plans in football, controlled shooting in basketball, bowling tactics in cricket.
<b>Teamwork &amp; Communication</b>	Taking turns, listening, following simple instructions.	Peer coaching, planning inclusive games, leading warm-ups and roles in team sports.
<b>Tactics &amp; Strategy</b>	Recognising basic rules and game flow. Introduction to offensive/defensive concepts.	Designing and adapting game strategies, applying positional understanding.
<b>Analysis &amp; Self-Review</b>	Beginning to observe and comment on own and peer performance.	Recording fitness levels, peer-assessment, using basic performance data.