

**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**

**10E - Explorer 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
	<p><u>Topic:</u></p> <p>Football</p> <p><u>Suggested Key Questions:</u></p> <p>- What makes a successful pass? - What positions are there in football? - What is a formation? - What is your role when defending?</p> <p><u>Key Skills and Knowledge:</u></p> <p>- Short and long passing using inside and laces- Ball mastery under pressure- Shooting on target using side foot and laces- Understanding team formations (e.g., 4-4-2)- Applying attacking (e.g., overlap) and defending tactics (e.g., jockeying)- Applying rules in conditioned games with confidence</p>	<p><u>Topic:</u></p> <p>Basketball, Cycling</p> <p><u>Suggested Key Questions:</u></p> <p>- What is a triple threat position? - How can we create space in a game? - What parts make up a bike?- What are the safety checks?</p> <p><u>Key Skills and Knowledge:</u></p> <p><b>Basketball:</b> Triple threat stance, dribbling at speed, lay-ups, attacking/defensive zones, pressing defense, fast breaks <b>Cycling:</b> Basic safety checks, road awareness, balance and control, signaling, mounting and stopping, appropriate safety gear usage</p>	<p><u>Topic:</u></p> <p>Hockey, Rock climbing</p> <p><u>Suggested Key Questions:</u></p> <p>- What is a V-drag? - How can we beat a defender? - How do climbers stay safe? - What is route planning?</p> <p><u>Key Skills and Knowledge:</u></p> <p><b>Hockey:</b> Dribbling under pressure, push/slap passes, shooting from different angles, defending using stick positioning, V-drag to change direction <b>Climbing:</b> 3-point contact rule, using harnesses, planning routes, safe descent, knot tying, teamwork in belaying and spotting</p>	<p><u>Topic:</u></p> <p>Handball</p> <p><u>Suggested Key Questions:</u></p> <p>- How do you shoot from a jump? - What is the difference between man-to-man and zone defence?- What is a fast break?</p> <p><u>Key Skills and Knowledge:</u></p> <p>- Passing: bounce, overhead, fast passing under pressure- Shooting techniques: jump shot, set shot- Basic offensive and defensive formations- Dribbling while scanning- Applying game strategies like fast breaks and switching roles</p>	<p><u>Topic:</u></p> <p>Cricket, Conditioned games</p> <p><u>Suggested Key Questions:</u></p> <p>- What is a pull shot? - How do we bowl accurately? - What makes a good fielding team? - What is a conditioned game?</p> <p><u>Key Skills and Knowledge:</u></p> <p>- Shot selection (pull, drive, sweep)- Bowling at different lengths- Fielding in pairs and zones- Role rotation (bowler, batter, fielder)- Game scenarios with rule modifications to focus on skill acquisition</p>	<p><u>Topic:</u></p> <p>Athletics, Striking and fielding</p> <p><u>Suggested Key Questions:</u></p> <p>- What are phases of a sprint? - How do you improve throwing power? How can we work as a team in rounders?</p> <p><u>Key Skills and Knowledge:</u></p> <p>- Sprint drills: drive phase maintenance, finish- Middle distance: pacing strategies- Shot putt and javelin techniques- Striking in rounders: hitting into space, judging when to run- Team fielding strategy and base coverage</p>

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tsby benchma rks	<b>3:</b> Adapted drills to meet pupils' cognitive profiles <b>4:</b> Links to football-related roles (referee, steward, coach) <b>5:</b> Guest speaker from local football club <b>6:</b> Visit to community football facility	<b>3:</b> Use of visual cue cards for riding positions <b>4:</b> Explore careers in bike maintenance, sports officiating <b>5:</b> Bikeability workshop <b>6:</b> Travel practice for independent mobility	<b>3:</b> Scaffolded climbing routes by ability <b>4:</b> Link to outdoor careers (activity leader, instructor) <b>5:</b> Visit from climbing wall coach <b>6:</b> Visit to climbing centre	<b>3:</b> Peer pairing by complementary ability <b>4:</b> Link to officiating and coaching roles <b>5:</b> Watch and discuss a handball match video <b>6:</b> Create and run a mini match festival	<b>3:</b> Role cards for learners with memory difficulties <b>4:</b> Discuss professional cricket pathways <b>5:</b> Virtual tour of cricket ground <b>6:</b> Practice running a school cricket mini-tournament	<b>3:</b> Use video feedback to support performance <b>4:</b> Connect to roles in events (coach, grounds crew) <b>5:</b> Invite ex-pupil in sports college <b>6:</b> Organise and run a school sports day
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