

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

11E - 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 & Fitness</p> <p><u>Suggested Key Questions:</u></p> <p>- What fitness components are used in football?- How can you improve stamina?- What is offside?</p> <p><u>Key Skills and Knowledge:</u></p> <p>- High-intensity drills with and without the ball- Recognising RPE (rate of perceived exertion)- Applying offside rule in small-sided games- Combining aerobic/anaerobic fitness with tactical play</p>	<p><u>Topic:</u></p> <p>Basketball & Leadership</p> <p><u>Suggested Key Questions:</u></p> <p>- How can you help others learn a skill?- What makes a good captain?- How do we plan a warm-up?</p> <p><u>Key Skills and Knowledge</u></p> <p>- Planning and leading drills (e.g., dribbling relays)- Team captain responsibilities- Leading warm-ups using dynamic stretches- Encouraging and coaching peers</p>	<p><u>Topic:</u></p> <p>Hockey & Gymnastics</p> <p><u>Suggested Key Questions:</u></p> <p>- How do gymnasts link movements?- How can we control speed and direction?- What helps with balance?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Hockey: Use of space, wide play, teamwork in game play Gymnastics: Movement phrases (e.g., roll, balance, jump), sequencing with fluency, group choreography</p>	<p><u>Topic:</u></p> <p>Handball (Advanced)</p> <p><u>Suggested Key Questions:</u></p> <p>- How do tactics change depending on the game?- What is the role of a coach?- What is game analysis?</p> <p><u>Key Skills and Knowledge:</u></p> <p>- Create set plays- Review recorded gameplay for analysis- Apply positional play under pressure- Team communication drills</p>	<p><u>Topic:</u></p> <p>Athletics & Net/Wall Games</p> <p><u>Suggested Key Questions:</u></p> <p>- How do we improve speed and power?- What strategies help in tennis/badminton?- How do you play a full match?</p> <p><u>Key Skills and Knowledge:</u></p> <p>- Sprint relays, baton passing accuracy- Match play rules in tennis and badminton- Decision-making in shot selection (forehand, backhand, volley)- Record and improve PBs</p>	<p><u>Topic:</u></p> <p>Sports Event Management</p> <p><u>Suggested Key Questions:</u></p> <p>- What jobs are needed to run a sports day?- How do we keep things safe?- What does good teamwork look like?</p> <p><u>Key Skills and Knowledge:</u></p> <p>- Plan and deliver sports event: timetables, stations, safety plans- Assign roles: referee, scorer, starter, coach- Reflect on event success and areas to improve</p>

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

Links to Gatsby Benchmarks	3: Individual fitness targets 4: Link to roles in sports science and training 5: Visit from fitness coach 6: Practical fitness circuit designed by students	3: Role rotation to build leadership 4: Link to coaching and support roles 5: Student-led basketball workshop 6: Peer-teaching unit	3: Peer and self-assessment criteria 4: Explore choreographer or sports official careers 5: Invite from a community coach 6: Organise class performance	3: Use of video analysis apps 4: Link to tactical analysis roles 5: Guest: semi-pro coach 6: Review and improve team performance through filmed games	3: Track progress over term 4: Link to officiating and health roles 5: Invite tennis coach 6: Match play in inter-class competitions	3: Everyone given a meaningful role 4: Link to careers in event and leisure management 5: Employer visit from leisure centre 6: Organise and deliver school sports day
-----------------------------------	--	--	--	--	---	---

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