

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

Class 3D2- Discovery Curriculum – 2 Subjects/Lessons weekly

Year 1	2024 – 2025 Autumn 1	2024 – 2025 Autumn 2	2024 – 2025 Spring 1	2024 – 2025 Spring 2	2024 – 2025 Summer 1	2024 – 2025 Summer 2
Foundation & Exploration of Sports	<p>Topic: Multi-skills, Football</p> <p>Suggested Key Questions:</p> <p>Why is exercise important? What is a team?</p> <p>Key Skills and Knowledge:</p> <p>Running, jumping, throwing, catching. Intro to football – dribbling, passing. Basic team play.</p>	<p>Topic: Tag Rugby, Boccia</p> <p>Suggested Key Questions:</p> <p>What is a rule? How do we follow rules?</p> <p>Key Skills and Knowledge:</p> <p>Safe movement, basic spatial awareness, Boccia: target games for fine motor and decision-making.</p>	<p>Topic: Basketball, Kurling</p> <p>Suggested Key Questions:</p> <p>What makes a good teammate? How do we take turns?</p> <p>Key Skills and Knowledge:</p> <p>Dribbling, shooting, teamwork roles. Kurling introduces aim, control and precision.</p>	<p>Topic: Dance/Yoga, Fitness</p> <p>Suggested Key Questions:</p> <p>How does our body feel when we move?</p> <p>Key Skills and Knowledge:</p> <p>Body control, stretching, rhythm. Introduction to relaxation and mindfulness through movement.</p>	<p>Topic: Athletics (intro)</p> <p>Suggested Key Questions:</p> <p>What can your body do? How can we measure movement?</p> <p>Key Skills and Knowledge:</p> <p>Short-distance running, jumping and throwing. Basic measurements.</p>	<p>Topic: Striking & Fielding</p> <p>Suggested Key Questions:</p> <p>What happens when you hit the ball? How do you score?</p> <p>Key Skills and Knowledge:</p> <p>Batting/fielding basics (e.g. rounders), hand-eye coordination, following simplified rules.</p>
Links to Gatsby Benchmark s:	<p>GB3 – Personalising learning GB4 – Link to teamwork and communication in sport careers</p>	<p>GB3, GB5 – Observe inclusive sports GB6 – Visit to inclusive sports club</p>	<p>GB4 – Team roles in careers (e.g. coaching)</p>	<p>GB3, GB5 – Careers in dance and therapy</p>	<p>GB4 – Athletics-based roles GB6 – Use track/field venue</p>	<p>GB3, GB4 – Discuss umpiring/refereeing roles</p>

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Year 2	2025 – 2026 Autumn 1	2025 – 2026 Autumn 2	2025 – 2026 Spring 1	2025 – 2026 Spring 2	2025 – 2026 Summer 1	2025 – 2026 Summer 2
Building Competence & Confidence	<p><u>Topic:</u> Football, Tag Rugby</p> <p><u>Suggested Key Questions:</u></p> <p>What is a tactic? How do we help our team?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Passing under pressure, spatial awareness, offensive and defensive roles.</p>	<p><u>Topic:</u> Basketball, Boccia</p> <p><u>Suggested Key Questions:</u></p> <p>What are tactics in a target game? What happens when we win/lose?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Passing/shooting with purpose, team formations, refined target-throwing.</p>	<p><u>Topic:</u> Table Tennis, Kurling</p> <p><u>Suggested Key Questions:</u></p> <p>How do we improve our scores? What makes a fair game? How do exercises help our body and mind?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Grip, serve, rally, and accuracy. Tactical planning in placement and game flow.</p>	<p><u>Topic:</u> Fitness Circuits</p> <p><u>Suggested Key Questions:</u></p> <p>How do exercises help our body and mind?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Cardiovascular endurance, strength activities, body awareness. Fitness journals.</p>	<p><u>Topic:</u> Athletics (intro)</p> <p><u>Suggested Key Questions:</u></p> <p>How do we improve personal bests? What helps us run faster or jump further?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Measuring improvement, running form, safe jumping/landing, basic sprint technique.</p>	<p><u>Topic:</u> Striking & Fielding</p> <p><u>Suggested Key Questions:</u></p> <p>What makes a good fielder? How do we work as a team in fielding?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Catching, throwing with accuracy, basic field positions, simple rules of play.</p>
Links to Gatsby Benchmarks:	GB4 – Careers in coaching/refereeing GB5 – Meet a sports coach	GB4 – Adapted sports in community GB6 – Leisure centre visit	GB3 – Personal progress tracking GB5 – Guest speaker: local sports player	GB4, GB6 – Visit to gym facility	GB4 – Event organisation roles GB5 – Volunteer at school sports day	GB3, GB4 – Explore outdoor learning and sports-based careers

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Year 3	2026 – 2027 Autumn 1	2026 – 2027 Autumn 2	2026 – 2027 Spring 1	2026 – 2027 Spring 2	2026 – 2027 Summer 1	2026 – 2027 Summer 2
Applying and Transferring Skills	<p><u>Topic:</u> Football, Tag rugby</p> <p><u>Suggested Key Questions:</u></p> <p>What makes a good leader in sport? How do we create a game plan?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Strategy, leadership, formations, adapted rules for inclusion.</p>	<p><u>Topic:</u> Basketball, Boccia</p> <p><u>Suggested Key Questions:</u></p> <p>How do we plan a match or competition?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Officiating basics, peer coaching, setting up and running games.</p>	<p><u>Topic:</u> Table Tennis, Fitness</p> <p><u>Suggested Key Questions:</u></p> <p>How do we stay fit after school? What routines can we follow?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Build personal fitness plans, skill drills, self-paced table tennis routines.</p>	<p><u>Topic:</u> Badminton, Hockey</p> <p><u>Suggested Key Questions:</u></p> <p>How do you learn new sports? What helps us improve quickly?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Transfer of racket skills, game rules, positioning. Problem-solving in game play.</p>	<p><u>Topic:</u> Athletics</p> <p><u>Suggested Key Questions:</u></p> <p>What motivates athletes? How do we prepare for performance?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Warm-up/cool-down, performance preparation, competitive spirit, reviewing performance.</p>	<p><u>Topic:</u> Cricket, Rounders</p> <p><u>Suggested Key Questions:</u></p> <p>How can we help others learn sports? What can we do after leaving school?</p> <p><u>Key Skills and Knowledge:</u></p> <p>Peer-teaching moments, inclusive play strategies, community club exploration.</p>
Links to Gatsby Benchmarks:	GB4, GB5 – Guest coach visit GB6 – Lead warm-up in local community setting	GB4, GB5 – Experience refereeing roles	GB6 – Visit to leisure or youth fitness club GB4 – Health and well-being careers	GB4 – Sports adaptability and coaching methods	GB3 – Review personal goals GB4 – Careers in sports psychology and event planning	GB4, GB5, GB6 – Career links to coaching, community sport, and volunteering

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Progression Overview

Area	Year 1	Year 2	Year 3
Motor Skills	Basic movement & coordination	Applying skills in small-sided games	Refined control and sport-specific skills
Tactics & Strategy	Simple rules and roles	Intro to team strategies	Creating and applying game plans
Teamwork & Communication	Turn-taking, basic roles	Collaboration and encouragement	Leadership and peer coaching
Health Knowledge	What is exercise and why?	Impact of fitness on the body	Long-term health and lifestyle choices
Careers & Real-World	Exploring sports jobs (intro)	Guest visitors, local clubs	Leading games, planning sport events