

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

3Q1/2/3 - Quest PE 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	Topic: Multi-skills, Football Suggested Key Questions: Why is exercise important? What is a team? Key Skills and Knowledge: Running, jumping, throwing, catching. Intro to football – dribbling, passing. Basic team play.	Topic: Tag Rugby, Boccia Suggested Key Questions: What is a rule? How do we follow rules? Key Skills and Knowledge: Safe movement, basic spatial awareness, Boccia: target games for fine motor and decision-making.	Topic: Basketball, Kurling Suggested Key Questions: What makes a good teammate? How do we take turns? Key Skills and Knowledge: Dribbling, shooting, teamwork roles. Kurling introduces aim, control and precision.	Topic: Dance/Yoga, Fitness Suggested Key Questions: How does our body feel when we move? Key Skills and Knowledge: Body control, stretching, rhythm. Introduction to relaxation and mindfulness through movement.	Topic: Athletics (intro) Suggested Key Questions: What can your body do? How can we measure movement? Key Skills and Knowledge: Short-distance running, jumping and throwing. Basic measurements.	Topic: Striking & Fielding Suggested Key Questions: What happens when you hit the ball? How do you score? Key Skills and Knowledge: Batting/fielding basics (e.g. rounders), hand-eye coordination, following simplified rules.
Links to Gatsby Benchmarks:	GB3 – Personalising learning GB4 – Link to teamwork and communication in sport careers	GB3, GB5 – Observe inclusive sports GB6 – Visit to inclusive sports club	GB4 – Team roles in careers (e.g. coaching)	GB3, GB5 – Careers in dance and therapy	GB4 – Athletics-based roles GB6 – Use track/field venue	GB3, GB4 – Discuss umpiring/refereeing roles

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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	Topic: Football, Tag Rugby Suggested Key Questions: What is a tactic? How do we help our team? Key Skills and Knowledge: Passing under pressure, spatial awareness, offensive and defensive roles.	Topic: Basketball, Boccia Suggested Key Questions: What are tactics in a target game? What happens when we win/lose? Key Skills and Knowledge: Passing/shooting with purpose, team formations, refined target-throwing.	Topic: Table Tennis, Kurling Suggested Key Questions: How do we improve our scores? What makes a fair game? How do exercises help our body and mind? Key Skills and Knowledge: Grip, serve, rally, and accuracy. Tactical planning in placement and game flow.	Topic: Fitness Circuits Suggested Key Questions: How do exercises help our body and mind? Key Skills and Knowledge: Cardiovascular endurance, strength activities, body awareness. Fitness journals.	Topic: Athletics (intro) Suggested Key Questions: How do we improve personal bests? What helps us run faster or jump further? Key Skills and Knowledge: Measuring improvement, running form, safe jumping/landing, basic sprint technique.	Topic: Striking & Fielding Suggested Key Questions: What makes a good fielder? How do we work as a team in fielding? Key Skills and Knowledge: Catching, throwing with accuracy, basic field positions, simple rules of play.
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	Topic: Football, Tag rugby Suggested Key Questions: What makes a good leader in sport? How do we create a game plan? Key Skills and Knowledge: Strategy, leadership, formations, adapted rules for inclusion.	Topic: Basketball, Boccia Suggested Key Questions: How do we plan a match or competition? Key Skills and Knowledge: Officiating basics, peer coaching, setting up and running games.	Topic: Table Tennis, Fitness Suggested Key Questions: How do we stay fit after school? What routines can we follow? Key Skills and Knowledge: Build personal fitness plans, skill drills, self-paced table tennis routines.	Topic: Badminton, Hockey Suggested Key Questions: How do you learn new sports? What helps us improve quickly? Key Skills and Knowledge: Transfer of racket skills, game rules, positioning. Problem-solving in game play.	Topic: Athletics Suggested Key Questions: What motivates athletes? How do we prepare for performance? Key Skills and Knowledge: Warm-up/cool-down, performance preparation, competitive spirit, reviewing performance.	Topic: Cricket, Rounders Suggested Key Questions: How can we help others learn sports? What can we do after leaving school? Key Skills and Knowledge: Peer-teaching moments, inclusive play strategies, community club exploration.
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

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