

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

7V - Venture Curriculum – Subject PE 2 Subjects/Lessons weekly

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
Exploration and Foundations	<p>Topic:</p> <p>Football, Rugby</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What do we wear for PE? - How many players are on a team? - What is passing? - Why do we warm up? <p>Key Skills and Knowledge:</p> <ul style="list-style-type: none"> 🏃 Develop basic ball control: using inside of foot to pass, stopping ball with sole. 🏃 Begin dribbling in straight lines and zig-zags. 🏃 Learn safe two-handed tagging in rugby. 🧠 Understand team formation: defenders/midfielders/attackers. 🧠 Learn why warm-up is needed. 👥 Practice working in pairs for passing. 	<p>Topic:</p> <p>Basketball, Hockey</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is a team? - How do we dribble in basketball? - What are the rules of hockey? - Why do we follow rules? <p>Key Skills and Knowledge:</p> <ul style="list-style-type: none"> 🏃 Chest and bounce pass in basketball. 🏃 Controlled dribbling using dominant and non-dominant hand. 🏃 Holding a hockey stick correctly, push pass and stopping the ball. 🧠 Apply simple defensive strategies: “marking” and “tracking”. 👥 Take turns in shooting games and small group roles. 	<p>Topic:</p> <p>Table tennis, Badminton, Gymnastics</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is hand-eye coordination? - What do we need to play safely? - Can you name the parts of the bat? <p>Key Skills and Knowledge:</p> <ul style="list-style-type: none"> 🏃 Develop grip and ready position. 🏃 Practice forehand push; keeping ball low and controlled. 🏃 Build footwork coordination for agility tasks. 🧠 Know safety rules and simple scoring. 👥 Work in pairs: one hits, one feeds; use “well done” phrases. 	<p>Topic:</p> <p>Handball, Health related fitness</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is balance? - Can you show a shape with your body? - How do we move safely? <p>Key Skills and Knowledge:</p> <ul style="list-style-type: none"> 🏃 Practice static balances (tuck, star, pike). 🏃 Travel in different ways: crawling, skipping, rolling. 🧠 Begin creating 2-move sequences (e.g., balance + roll). 👥 Copy a partner’s shape or movement. 	<p>Topic:</p> <p>Cricket, Tennis</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is sprinting? - What is pacing? - How do we jump safely? <p>Key Skills and Knowledge:</p> <ul style="list-style-type: none"> 🏃 Sprint over 30–50m using arms and knees. 🏃 Standing long jump: focus on swinging arms. 🏃 Introduce foam javelin throw: stance, arm extension. 🧠 Measure simple distances using cones. 👥 Cheer and support others in timed races.. 	<p>Topic:</p> <p>Athletics, Fielding and striking</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is a bat for? - How do we throw and catch safely? - What is a team? <p>Key Skills and Knowledge:</p> <ul style="list-style-type: none"> 🏃 Catching a large ball using hands and body. 🏃 Underarm bowling towards stumps/target. 🏃 Batting from a tee or soft feed. 🧠 Understand the aim: “hit and run” or “field and return”. 👥 Take turns as batter/fielder; know when to run.

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Links to Gatsby Benchmarks:	3: Tasks differentiated with visual supports. 4: Discuss how football and teamwork are used in leisure jobs. 5: Invite local coach to demonstrate warm-up routines.	3: Structured routines and clear transitions for ASD learners. 4: Link teamwork and focus to sports centre roles. 6: Visit to local sports centre for a tour.	3: Encourage fine motor and coordination development. 4: Highlight hand-eye coordination for physiotherapy or assistant roles. 5: Invite a physiotherapist to visit.	3: Use sensory-safe equipment and PECS cards. 4: Talk about dance instructors or movement coaches. 5: Visit from SEN-trained dance coach.	3: Use pacing strips and audio cues. 4: Talk about sporting events and roles like scorekeeper. 6: Visit to school track.	3: Provide structured roles and scripts for turn-taking. 4: Link rules to umpire or assistant referee roles. 5: Visit from cricket club volunteer.
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PE Progression Map: Skills & Knowledge (Years 7–9)

Strand	Year 7: Foundation	Year 8: Development	Year 9: Mastery & Independence
Locomotor & Agility (Running, jumping, travelling)	<ul style="list-style-type: none"> - Basic running and walking in different directions - Standing long jump technique - Travelling in straight lines, zig-zags 	<ul style="list-style-type: none"> - Sprint starts, changes of speed and direction - Introduce pacing over distances (60–100m) - Introduce short obstacle agility circuits 	<ul style="list-style-type: none"> - Confident pacing and sprinting in races - Improved long jump with arm/leg coordination - Incorporate agility in game scenarios
Object Control (Throwing, catching, striking)	<ul style="list-style-type: none"> - Basic catching with two hands - Underarm throwing to target - Hit a stationary ball from tee or drop 	<ul style="list-style-type: none"> - Catching moving balls with increasing consistency - Overarm throws with aim and power - Controlled batting (directional hitting) 	<ul style="list-style-type: none"> - Fielding under pressure in games - Throw for accuracy and distance - Select appropriate striking techniques in different games
Ball Skills (Dribbling, passing, shooting)	<ul style="list-style-type: none"> - Dribble a ball in straight line (foot/hand/stick) - Short passes to partner - Begin to shoot towards target 	<ul style="list-style-type: none"> - Dribble and pass while moving - Pass accurately under mild pressure - Shoot with appropriate technique (e.g., lay-up, side foot) 	<ul style="list-style-type: none"> - Dribble and evade in game scenarios - Choose type of pass (e.g., chest, bounce, push) - Shoot under defensive pressure with accuracy
Tactics & Gameplay Understanding	<ul style="list-style-type: none"> - Understand basic roles (attacker, defender) - Learn turn-taking and sharing in games - Understand simple rules 	<ul style="list-style-type: none"> - Begin to apply tactics (e.g., use space, mark opponents) - Follow multi-step rules - Understand scoring systems 	<ul style="list-style-type: none"> - Apply attacking and defending strategies - Adjust tactics based on gameplay - Demonstrate knowledge of multiple game formats
Fitness & Health Knowledge	<ul style="list-style-type: none"> - Recognise physical changes after exercise (e.g., heart rate, sweat) - Join in warm-ups and cool-downs 	<ul style="list-style-type: none"> - Understand reasons for warming up and stretching - Begin to identify different types of fitness (speed, strength, stamina) 	<ul style="list-style-type: none"> - Monitor effort using RPE scale or HR - Recognise how different training impacts the body - Reflect on fitness improvements over time
Gymnastics / Movement	<ul style="list-style-type: none"> - Perform basic balances and body shapes - Complete simple rolls (log, pencil) - Sequence 2–3 movements 	<ul style="list-style-type: none"> - Perform pair/group balances - Travel and balance on low equipment - Link movements in 3–4 part sequences 	<ul style="list-style-type: none"> - Design and perform a group routine with apparatus - Use feedback to improve technique - Perform with control and fluency

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Striking & Fielding Games	<ul style="list-style-type: none"> - Hit a ball from a tee - Basic catching and throwing - Understand fielding roles 	<ul style="list-style-type: none"> - Strike with intent and run bases/posts - Field with awareness of team roles - Bowl underarm to target 	<ul style="list-style-type: none"> - Use game tactics (e.g., aim to space, back up fielder) - Bowl or bat with control under game conditions - Work cooperatively in match play
Athletics	<ul style="list-style-type: none"> - Sprint short distances with effort - Standing long jump intro - Foam javelin or bean bag throwing 	<ul style="list-style-type: none"> - Sprint with better technique and pacing - Shot putt or javelin with control - Relay with baton handovers 	<ul style="list-style-type: none"> - Time, record, and improve results - Select appropriate technique for each event - Compete and support others in measured events
Net & Wall Games	<ul style="list-style-type: none"> - Understand basic rallying (table tennis, badminton) - Serve with support 	<ul style="list-style-type: none"> - Return serves with control - Begin short rallies with consistency 	<ul style="list-style-type: none"> - Play point-based games with serve/return - Use positioning and aim tactically
Communication & Teamwork	<ul style="list-style-type: none"> - Follow visual/verbal cues - Basic turn-taking and peer interaction 	<ul style="list-style-type: none"> - Cooperate with team roles (passer, marker, captain) - Use short phrases or signals to communicate 	<ul style="list-style-type: none"> - Lead warm-ups or drills - Resolve game situations through discussion - Provide and receive peer feedback respectfully
Reflection & Evaluation	<ul style="list-style-type: none"> - Say what was fun or hard - Use symbols or sentence starters to self-assess 	<ul style="list-style-type: none"> - Describe progress using “I improved at...” - Begin setting targets (e.g., “I will pass quicker”) 	<ul style="list-style-type: none"> - Reflect on strengths and areas for growth - Use checklists or simple rubrics to evaluate performance

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