

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* 8E - Explorer Curriculum –

Year	2025 – 2026 Autumn 1	2025 – 2026 Autumn 2	2025 – 2026 Spring 1	2025 – 2026 2025 – 2026 Spring 2	2025 – 2026 Summer 1	2025 – 2026 Summer 2
Developing Skills and Tactics	<p>Topic:</p> <p>Football, Rugby</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What does passing help us do? - What is defence? - What is teamwork? <p>Key Skills and Knowledge:</p> <p>Football: 1v1 and 2v2 scenarios, short passing sequences, introducing positional roles, shooting at targets.</p> <p>Rugby: Pop pass in motion, tagging in defence, basic game strategy, working in zones. Build on understanding of structured games.</p>	<p>Topic:</p> <p>Basketball, Hockey</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is space in a game? - Can you create a scoring chance? - How do we keep the ball? <p>Key Skills and Knowledge:</p> <p>Basketball: Set shot, chest and bounce pass, dribbling with both hands, movement without the ball.</p> <p>Hockey: Push and slap pass, simple attack/defence zones, shooting accuracy, defending safely. Focus on positioning and tactical play.</p>	<p>Topic:</p> <p>Table tennis, Badminton, Gymnastics</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is a rally? - How do we serve? - What is control? <p>Key Skills and Knowledge:</p> <p>Badminton: Underarm serve, forehand clear, net play, movement drills.</p> <p>Table Tennis: Consistency in forehand/backhand, rally to 5 shots, basic gameplay understanding. Build reaction time and concentration.</p>	<p>Topic:</p> <p>Handball, Health related fitness</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is a sequence? - Can you balance with a partner? - How do we stay safe on equipment? <p>Key Skills and Knowledge:</p> <p>Partner balances, introduction to apparatus (low beam, soft vaults), forward roll, linking movements into short sequences. Focus on memory, sequencing and cooperation.</p>	<p>Topic:</p> <p>Cricket, Tennis</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is a good technique? - Can you measure distance? - Why is practice important? <p>Key Skills and Knowledge:</p> <p>Shot putt technique (push not throw), introduction to javelin (foam), sprint start, 100m pacing, relay baton passing. Encourage improvement through self-measurement.</p>	<p>Topic:</p> <p>Athletics, Fielding and striking</p> <p>Suggested Key Questions:</p> <ul style="list-style-type: none"> - What is fielding? - Can you hit into space? - What is a tactic? <p>Key Skills and Knowledge:</p> <p>Bowling with aim, basic overarm throw, batting with control, running between posts, team fielding strategies. Focus on communication and decision-making.</p>

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Links to Gatsby Benchmarks:	3: Visual cue cards for rules and roles. 4: Explore how referees or football stewards support games. 5: Invite a football development officer to share their job.	3: Encourage peer modelling and pair work. 4: Link strategic play to coaching and leadership roles. 6: Visit to school sports tournament or local youth club.	3: Provide racket choices based on grip strength/sensory need. 4: Highlight careers in recreation therapy. 5: Video call with inclusive sports coach.	3: Scaffold routines step-by-step with personalised targets and visual progress charts. 4: Link sequences to cheerleading officiating trials. 5: Observe a KS4 student-led gymnastics event.	3: Provide adapted equipment (e.g., lighter balls). 4: Discuss teamwork in leisure park activities. 5: Virtual tour of a cricket ground and different roles.
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Progression Map: Skills and Knowledge (Years 7–9)

Strand / Domain	Year 7 Foundation	Year 8 Development	Year 9 Mastery and Independence
Locomotor Skills (Running, Jumping)	<ul style="list-style-type: none"> - Explore basic movement patterns - Walk, jog, sprint in short bursts - Standing long jump intro 	<ul style="list-style-type: none"> - Pacing and sprint technique - Running over varied distances (e.g. 60m, 100m) - Jumping with control (vertical and horizontal) 	<ul style="list-style-type: none"> - Sprint start and transitions - Combine movement in sequences - Record personal bests and refine technique
Object Control (Throwing, Catching, Striking)	<ul style="list-style-type: none"> - Catch and throw large/small objects - Use of underarm throw in games - Hit a stationary ball (e.g., off a tee) 	<ul style="list-style-type: none"> - Develop catching accuracy in small games - Overarm and underarm throw with target - Striking with bat/racket with direction 	<ul style="list-style-type: none"> - Strike with intent and control - Throw for distance and accuracy - Consistent catching in gameplay
Ball Skills (Passing, Dribbling, Ball Control)	<ul style="list-style-type: none"> - Basic passing (chest, bounce) - Stationary dribbling (feet/hands) - Basic control with foot/stick 	<ul style="list-style-type: none"> - Move while dribbling (both hands/feet) - Pass under pressure - Trap/control incoming ball 	<ul style="list-style-type: none"> - Use of tactics in passing - Maintain control while changing direction - Combine dribbling and passing in games
Spatial Awareness	<ul style="list-style-type: none"> - Stay in set zones - Recognise teammate/opponent positions - Understand safe movement 	<ul style="list-style-type: none"> - Move into space to receive ball - Begin to mark opponents - Use width in team games 	<ul style="list-style-type: none"> - Create space with movement - Cover space defensively - Direct others into space
Game Understanding (Tactics, Rules)	<ul style="list-style-type: none"> - Follow 1–2 step rules - Learn what attack/defence mean - Begin to take turns 	<ul style="list-style-type: none"> - Understand simple tactics (e.g. finding space, keeping possession) - Apply more rules independently 	<ul style="list-style-type: none"> - Choose appropriate tactics (e.g. press/hold in defence) - Lead warm-ups or explain rules - Apply strategies during game play
Teamwork and Communication	<ul style="list-style-type: none"> - Take part in team games with support - Follow group cues and visual instructions - Use simple phrases to interact (e.g. "pass", "my turn") 	<ul style="list-style-type: none"> - Use agreed signals or Makaton for passing/defence - Share simple responsibilities (e.g. bib monitor) - Begin to resolve minor disagreements 	<ul style="list-style-type: none"> - Lead a partner/small group - Communicate clearly in a team setting - Offer encouragement or direction to peers
Fitness and Health Awareness	<ul style="list-style-type: none"> - Know when body feels tired or sweaty - Take part in warm-up routines - Recognise stretching 	<ul style="list-style-type: none"> - Identify heart rate increase - Learn how exercise affects the body (sweating, breathing) - Understand why fitness is important 	<ul style="list-style-type: none"> - Use RPE scale to self-assess - Name fitness components (e.g. strength, stamina) - Reflect on personal progress and effort
Gymnastics / Body Control	<ul style="list-style-type: none"> - Create body shapes on floor - Basic balances alone - Simple rolling (log, pencil) 	<ul style="list-style-type: none"> - Balances with partner - Combine movement and shape in sequences - Use low-level apparatus 	<ul style="list-style-type: none"> - Full sequence with multiple movements - Refine technique with peer/teacher feedback - Perform confidently to peers
Athletics Events	<ul style="list-style-type: none"> - Try a range of events (run, jump, throw) - Use basic techniques for each - Understand take-off, run-up 	<ul style="list-style-type: none"> - Apply rules of each event (e.g. no stepping on take-off board) - Measure distance/time 	<ul style="list-style-type: none"> - Improve scores with refined techniques - Record and analyse own performance - Lead/support others in events

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Striking & Fielding Games	<ul style="list-style-type: none"> - Hit a ball off tee - Understand positions (batter, fielder) - Know when to run 	<ul style="list-style-type: none"> - Begin to compete against self - Bowl underarm with some control - Anticipate where to throw the ball - Catch under pressure 	<ul style="list-style-type: none"> - Tactical positioning (e.g. backing up) - Hit into space to score - Take on leadership in small-sided games
Reflection & Self-Evaluation	<ul style="list-style-type: none"> - Say what they enjoyed or found hard - Recognise when they improved - Use thumbs up/down or symbols 	<ul style="list-style-type: none"> - Identify strengths with support - Begin to use visual scales (1–5, emoji faces) for effort - Talk about what to improve next time 	<ul style="list-style-type: none"> - Reflect using structured sentence starters - Record personal bests - Offer feedback to others constructively

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