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*

11N - Navigator 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	2026 – 2027 Autumn 1	2026 – 2027 Autumn 2	2026 – 2027 Spring 1	2026 – 2027 Spring 2	2026 – 2027 Summer 1	2026 – 2027 Summer 2
	Topic: Football & Fitness **Suggested Key Questions:** - What fitness components are used in football?- How can you improve stamina?- What is offside? **Key Skills and Knowledge:** - 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	**Topic:** Basketball & Leadership **Suggested Key Questions:** - How can you help others learn a skill?- What makes a good captain?- How do we plan a warm-up? **Key Skills and Knowledge** - Planning and leading drills (e.g., dribbling relays)- Team captain responsibilities- Leading warm-ups using dynamic stretches- Encouraging and coaching peers	**Topic:** Hockey & Gymnastics **Suggested Key Questions:** - How do gymnasts link movements?- How can we control speed and direction?- What helps with balance? **Key Skills and Knowledge:** **Hockey**: Use of space, wide play, teamwork in game play**Gymnastics**: Movement phrases (e.g., roll, balance, jump), sequencing with fluency, group choreography	**Topic:** Handball (Advanced) **Suggested Key Questions:** - How do tactics change depending on the game?- What is the role of a coach?- What is game analysis? **Key Skills and Knowledge:** - Create set plays- Review recorded gameplay for analysis- Apply positional play under pressure- Team communication drills	**Topic:** Athletics & Net/Wall Games **Suggested Key Questions:** - How do we improve speed and power?- What strategies help in tennis/badminton?- How do you play a full match? **Key Skills and Knowledge:** - Sprint relays, baton passing accuracy- Match play rules in tennis and badminton- Decision-making in shot selection (forehand, backhand, volley)- Record and improve PBs	**Topic:** Sports Event Management **Suggested Key Questions:** - What jobs are needed to run a sports day?- How do we keep things safe?- What does good teamwork look like? **Key Skills and Knowledge:** - Plan and deliver sports event: timetables, stations, safety plans- Assign roles: referee, scorer, starter, coach- Reflect on event success and areas to improve

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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