

Meadow Park: Sequence Of Learning Overview 2023-2024



Subject- PE

Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
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Year 3

<p>Health & Fitness</p> <ul style="list-style-type: none"> - - Improve components of fitness 	<p>Functional Skills / Multi Skills</p> <ul style="list-style-type: none"> - Throwing and Catching - Bat and Ball Skills - Hand eye co-ordination 	<p>Football</p> <ul style="list-style-type: none"> - Control - Pass - Finish 	<p>Dodgeball / Basketball</p> <ul style="list-style-type: none"> - Throwing / Passing Techniques - Rules and Regulations 	<p>Rounders</p> <ul style="list-style-type: none"> - Batting technique - Feilding understanding - Rules and Regulations 	<p>Athletics</p> <ul style="list-style-type: none"> - Short distance events - Long distant events - Throwing events
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Year 4

<p>Health & Fitness</p> <ul style="list-style-type: none"> - Improve component of fitness - Introduce skill related components 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Floor Techniques <ul style="list-style-type: none"> - Balancing - Springboard technique 	<p>Football</p> <ul style="list-style-type: none"> - Control and Pass - Defending technique <ul style="list-style-type: none"> - Finish 	<p>Basketball / Dodge ball</p> <ul style="list-style-type: none"> - Catching / Passing Techniques - Rules and Regulations 	<p>Rounders</p> <ul style="list-style-type: none"> - Catching technique - Feilding understanding - Rules and Regulations 	<p>Athletics</p> <ul style="list-style-type: none"> - Short distance events - Long distant events - Throwing events
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Year 5

<p>Health & Fitness</p> <ul style="list-style-type: none"> - Improve component of fitness - Introduce skill related components 	<p>Gymnastics</p> <ul style="list-style-type: none"> - Floor Techniques <ul style="list-style-type: none"> - Introduce rolls - Springboard technique 	<p>Football</p> <ul style="list-style-type: none"> - Control and Pass - Defending tactics - Rules and regulations 	<p>Basketball / Dodge ball</p> <ul style="list-style-type: none"> - Dribbling / Dodging - Rules and Regulations 	<p>Rounders</p> <ul style="list-style-type: none"> - Feilding technique <ul style="list-style-type: none"> - Batting Tactics - Rules and Regulations 	<p>Athletics</p> <ul style="list-style-type: none"> - Short distance events - Long distant events - Throwing events
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Year 6

Health & Fitness <ul style="list-style-type: none">- Nutrition / Diet- Improve component of fitness- Introduce skill related components	Gymnastics <ul style="list-style-type: none">- Floor Routines- Advanced Balances- Vault technique	Football <ul style="list-style-type: none">- Control with different body parts- Attacking tactics- Rules and regulations	Basketball / Dodge ball <ul style="list-style-type: none">- Shooting / Defending techniques- Rules and Regulations	Rounders <ul style="list-style-type: none">- Blowing technique- Feilding Tactics- Rules and Regulations	Athletics <ul style="list-style-type: none">- Short distance events- Jumping events- Throwing events
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Year 7

Football / Health & Fitness <ul style="list-style-type: none">- Improve component of fitness- Introduce skill related components- Method; Circuit training	Badminton <ul style="list-style-type: none">- Rules and Regulations- Shot techniques- Singles Tactics	Basketball / Dodge ball <ul style="list-style-type: none">- Dribbling / passing techniques- Rules and Regulations	Volleyball / Handball <ul style="list-style-type: none">- Rules and regulations- Shot / Passing techniques	Rounders <ul style="list-style-type: none">- Rules and regulations- Back stop technique	Cricket / Athletics <ul style="list-style-type: none">- Bowling technique- Running events
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Year 8

Football / Health & Fitness <ul style="list-style-type: none">- Improve component of fitness- Introduce skill related components- Method; Continuous<ul style="list-style-type: none">- Passing-	Badminton <ul style="list-style-type: none">- Rules and Regulations- Shot techniques- Doubles Tactics	Basketball / Dodge ball <ul style="list-style-type: none">- Teamwork- Bounce pass technique- Rules and Regulations	Volleyball / Boxing <ul style="list-style-type: none">- Stance and footwork- Setting the ball- Rules and regulation- Health and Safety	Rounders / Handball <ul style="list-style-type: none">- Rules and regulations- Catching technique<ul style="list-style-type: none">- Ball handling	Cricket / Athletics <ul style="list-style-type: none">- Batting technique- Throwing events- Rules and regulations
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Year 9

Football / Health & Fitness

- Improve component of fitness
- Introduce skill related components
- Method; Continuous
- Shooting Technique

Badminton / Table Tennis

- Rules and Regulations
- Shot techniques
- Tournament play

Basketball / Dodge Ball

- Chest pass technique
- Rules and Regulations

Volleyball / Boxing

- Smash shot technique
- Jab, block techniques
- Rules and regulations

Rounders / Handball

- Rules and regulations
- Throwing and shooting technique
- Base tactics

Cricket / Athletics

- Feilding tactics
- Jumping events
- Rules and regulations

Year 10

Unit 1: Fitness for Sport and exercise

Unit 2 Practical Sport

Unit 4: Applying the Principals of training

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Unit 1: Fitness for Sport and exercise

Unit 2 Practical Sport

Unit 2: Practical Sports Performance

Unit 1: Fitness for Sport and exercise

Unit 2: Practical Sports Performace

Unit 1: Fitness for Sport and exercise

Year 11

Unit 6: Leading Sporting Activities

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Unit 4: Applying the principles of Training**

Unit 1: Fitness for Sport and exercise*

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Examinations

Unit 1: Fitness for Sport and exercise*

Unit 4: Applying the principles of Training**

Examinations

	BTEC Sport External Exam
	Unit 2

	Unit 4
	Unit 1
	Unit 6
*	Ongoing
**	Revisiting Unit