

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 - Balancing - Springboard technique 	<p>Football</p> <ul style="list-style-type: none"> - Control and Pass - Defending technique - 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 - 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 - 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

- Nutrition / Diet
- Improve component of fitness
- Introduce skill related components

Gymnastics

- Floor Routines
- Advanced Balances
- Vault technique

Football

- Control with different body parts
- Attacking tactics
- Rules and regulations

Basketball / Dodge ball

- Shooting / Defending techniques
- Rules and Regulations

Rounders

- Blowing technique
- Feilding Tactics
- Rules and Regulations

Athletics

- Short distance events
- Jumping events
- Throwing events

Year 7

Football / Health & Fitness

- Improve component of fitness
- Introduce skill related components
- Method; Circuit training

Badminton

- Rules and Regulations
- Shot techniques
- Singles Tactics

Basketball / Dodge ball

- Dribbling / passing techniques
- Rules and Regulations

Volleyball / Handball

- Rules and regulations
- Shot / Passing techniques

Rounders

- Rules and regulations
- Back stop technique

Cricket / Athletics

- Bowling technique
- Running events

Year 8

Football / Health & Fitness

- Improve component of fitness
- Introduce skill related components
- Method; Continuous
 - Passing
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Badminton

- Rules and Regulations
- Shot techniques
- Doubles Tactics

Basketball / Dodge ball

- Teamwork
- Bounce pass technique
- Rules and Regulations

Volleyball / Boxing

- Stance and footwork
- Setting the ball
- Rules and regulation
- Health and Safety

Rounders / Handball

- Rules and regulations
- Catching technique
 - Ball handling

Cricket / Athletics

- Batting technique
- Throwing events
- Rules and regulations

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