

Meadow Park School - Curriculum Map 2025-2026



Key Stage	Year Group	Subject	Teacher	Programme of Study	
KS1	1 & 2	Health and Wellbeing	Mrs Nickson-Macey	National Curriculum	
Autumn a		Autumn b	Spring a	Spring b	Summer a
Topic(s)		Topic(s)	Topic(s)	Topic(s)	Topic(s)
Functional Games		Gymnastics	Dance	Net and Wall Games	Circuit Training
Assessment Tasks		Assessment Tasks	Assessment Tasks	Assessment Task	Assessment Tasks
Peer/Self-Assessment		Peer/Self-Assessment	Peer/Self-Assessment	Peer/Self-Assessment	Peer/Self-Assessment
Practical Performance		Practical Performance	Practical Performance	Practical Performance	Practical Performance
Personal Development/Careers		Personal Development/Careers	Personal Development/Careers	Personal Development/Careers	Personal Development/Careers
Pupils will discuss how important exercise and physical education on a healthy lifestyle.		Pupils will look at the correct way to behave when winning and losing.	Pupils will look at how healthy habit create a healthy lifestyle.	Pupils will explore what happens to are bodies when we exercise and what we should do after PE.	Pupils will look at what the positive impact recovery can have after exercise on the body and mind.
Reading & Writing		Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing
Students will read posters around sports hall related to Components of fitness.		Pupils will read different activities within Gymnastics or functional skills.	Pupils will read a variety of rules and regulations about different sports.	Pupils will create their own rules poster for a chosen sport.	Pupils will look explore athletes from around the world and the countries they live in.
Speaking & Listening		Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening
Pupils will participate in a variety of group discussions.		Pupils will talk about their favourite activity in gymnastics	Pupils will discuss a variety of dances and their differences.	Pupils will share their rules posters for their chosen sport.	Pupils will discuss their ideas on ways to help themselves and each other improve their performances.
Numeracy & Mathematical Reasoning		Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning
Pupils will tally up points during skill based activities.		Pupils will use timers to time their gymnastic poses.	Pupils will use counting techniques to count their dance steps.	Pupils will keep numerical score during games.	Pupils will use stop watches to keep time of their exercises at each station.
Creative Media		Creative Media	Creative Media	Creative Media	Creative Media
Pupils will use guided internet sources to research information.		Pupils will use guided internet sources to research information.	Pupils will use guided internet sources to research information.	Pupils will use guided internet sources to research information.	Pupils will use guided internet sources to research information.