


| Meadow Park: Curriculum Map 2025-2026 | | | | | |  |
|--|------------|---|---|---|---|--|
| Key Stage | Year Group | Subject | Teacher | Programme of Study | | |
| 3 | 7,8 & 9 | PE, Sport & Fitness | J M Flood | | | |
| Autumn a | | Autumn b | Spring a | Spring b | Summer a | Summer b |
| Topic(s) | | Topic(s) | Topic(s) | Topic(s) | Topic(s) | Topic(s) |
| <u>Health Related Fitness / Football</u> | | <u>Badminton</u> | <u>Basketball / Dodgeball</u> | <u>Volleyball /Handball</u> | <u>Rounders</u> | <u>Cricket / Athletics</u> |
| Assessment Tasks | | Assessment Tasks | Assessment Tasks | Assessment Tasks | Assessment Task | Assessment Tasks |
| 1. Components of fitness – | | 1. Practical Assessment | 1. Practical Assessment | 1. Practical Assessment | 1.Practical Assessment | 1. Practical Assessment |
| 2. Badminton Peer/Self Observation Checklist 2. Planning Own Fitness Session / | | 2. Badminton Self-Assessment 3. Assessment of rules & regulations as well as tactics. | 2. Basketball Rules & Regulations Assessment Activity. | 2. Volleyball & Handball Rules and Regulations assessment activity. | 2. Rounders Rules & Regulations Assessment Activity | 2. Rules and regulations assessment activity of Cricket and Athletics. |
| Personal Development | | Personal Development | Personal Development | Personal Development | Personal Development | Personal Development |
| Preparing pupils for Physical Education in secondary school Pupils will discuss how important exercise and physical education on a healthy lifestyle. Pupil will develop knowledge on the effect alcohol and drugs have on physical exercise. Pupils will explore different first aid methods for common sporting injuries. | | Pupils will explore the different career option available within the sports and leisure industry, challenging sporting career stereotypes. Pupils will look at sporting responsibilities and how they can be adapted in their local communities. Pupils will use sport as a way of setting goals and applying them to their Key Stage 4 options. | Managing friendships will and looking at expanding friendship groups by working with pupils outside their social circle. Pupils will explore the different types of decimation that occurs within sport. | Pupils will discuss how their body will change as they become a teenager and how this will affect sporting performance. Pupils will explore mental health and emotional wellbeing and the impact taking part in regular physical activities can have on this. | Pupils will take on different rolls during their PE lessons, such as: team captain, coach, referee or umpire. This will allow pupils to explore the different relationship they can have with people within a sporting environment. | Pupils will look at the different salaries available to them from working in the sport and leisure industry and discuss the idea of saving and budgeting our money. Pupils will look at the financial positives and negatives of setting up and hosting a sporting event. Pupils will evaluate their learning at key stage 3 focusing on the development they have made in preparation for Key Stage 4. |
| Reading & Writing | | Reading &Writing | Reading &Writing | Reading &Writing | Reading &Writing | Reading &Writing |
| Students will complete Rules & Regulations of Badminton Quiz. Pupils will complete TAG sheets. Students will read a range of informative pieces on badminton (rules, training and skills). | | Students will complete observation checklist detailing partner's strengths and weaknesses. Pupils will complete TAG sheets. Students will read various internet sources to source information. | Students will complete basketball Rules & Regulations Quiz. Pupils will complete TAG sheets. Students will select key information from coaching manuals to use within coaching session. | Students will complete group planning exercise for Health and Fitness Event. Pupils will plan their own fitness session. Students will read various internet sources to source information. | Students will complete observation checklist detailing partner's strengths and weaknesses. Pupils will complete TAG sheets. Students will read various internet sources and textbooks to source information. | Students will complete group planning exercise for Sports Day Event. Pupils will complete TAG sheets. Students will read various internet sources and textbooks to source information on Top Cricketers. |
| Speaking & Listening | | Speaking & Listening | Speaking & Listening | Speaking & Listening | Speaking & Listening | Speaking & Listening |
| Check in Question at beginning of each lesson. Use of subject specific vocabulary | | Check in Question at beginning of each lesson. Use of subject specific vocabulary | Check in Question at beginning of each lesson. Use of subject specific vocabulary | Check in Que Use of subject specific vocabulary at beginning of each lesson. | Check in Question at beginning of each lesson. Use of subject specific vocabulary | Check in Question at beginning of each lesson. Use of subject specific vocabulary |
| Numeracy & Mathematical Reasoning | | Numeracy & Mathematical Reasoning | Numeracy & Mathematical Reasoning | Numeracy & Mathematical Reasoning | Numeracy & Mathematical Reasoning | Numeracy & Mathematical Reasoning |
| Students will study statistics of selected players. Pupils will tally up scores in a number of skill-based activities. Pupils will keep score as part of referee role. Students will use and record heart- | | Students will plan and keep score in a badminton tournament. pupils will tally up scores and points in skill based activities. | Students will keep score in a basketball tournament. Students will add up the points of the different shots during a skill and conditioned practise. Students will officiate during | Students will keep score during game. Students will add up points of different shots in a conditioned game in skill section of the lesson. | Students will use the official rounders scoring system to keep score during a conditioned practice and during games. Using decimals and fractions | Students will record distances and times in different athletic disciplines. Pupils will use mean, medium and mode to find their average score from the different field events. |

| Creative Media | Creative Media | Creative Media | Creative Media | Creative Media | Creative Media |
|---|--|--|--|--|---|
| Students will use guided internet sources in order to find information on relevant coaching drills. | Students will use guided internet sources in order to find information on key players. | Students will use guided internet sources in order to find information on relevant | Students will use guided internet sources in order to find information on health related | Students will use guided internet sources in order to find information on tennis | Students will research various athletes to complete task. |