

Meadow Park School - Curriculum Map 2025-2026



Key Stage	Year Group	Subject	Teacher	Programme of Study	
4	10	BTEC First Award in Sport	J M Flood	Unit 1: Fitness for sport and exercise Unit 2: Practical Sport Unit 3: Applying the principles of personal training.	
Autumn a		Autumn b	Spring a	Spring b	Summer a
Topic(s)		Topic(s)	Topic(s)	Topic(s)	Topic(s)
Fitness for sport and exercise // Practical Sports Performance		Fitness for sport and exercise // Practical Sports Performance	Applying the principles of personal training	Applying the principles of personal training	Fitness for sport and exercise// Practical Sports Performance
Assessment Tasks		Assessment Tasks	Assessment Tasks	Assessment Task	Assessment Tasks
1. Understand the rules, regulations and scoring systems in two sports - Assessment 1a		1. Analyse their own performance in two sports – Assessment 1c	1. Body systems and effects of exercise on the body - Assessment 3a 2. Planning a training programme – Assessment 3b	1. Carry out training programme – Assessment 3c 2. Evaluate your training programme – Assessment 3d	1. Mock Exam - Assessment 2a
Personal Development		Personal Development	Personal Development	Personal Development	Personal Development
Group discussion: How have we found moving up to KS4 and following a BTEC syllabus? Do any of us have any concerns or problems?		Group discussion: Do you know how to apply to further education, are you aware of the sports courses on offer at local colleges or sixth form providers.	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	Students will explore the different role models in sport and how they influence large groups of people.	Pupils will discuss their performance with peers and teacher and analyse results of fitness testing to current data for their demographic group,
Reading & Writing		Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing
Students will write a short report on World's top badminton players (eg. Name, age, nationality, honours etc.). Pupils complete AfL booklet. Students will read a range of informative pieces on badminton (rules, training and skills).		Students will complete a session plan detailing coaching drills. Students will select key information from coaching manuals to use within coaching session.	Students will complete observation checklist detailing partner's strengths and weaknesses. Students will read various internet sources to source information.	Students will complete a fitness training programme log. Students will read various internet sources to source information.	Students will complete a report describing 4 different fitness tests. Students will read various internet sources and textbooks to source information.
Speaking & Listening		Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening
Individual Contribution: My Favourite Badminton Player. Students will present some key facts about their favourite badminton player.		Group Discussion: What does it take to become a top football player?	Group Discussion: Where in the world is badminton played?	Group Discussion: What does it take to play elite sport?	Group discussion: what does it take to be a good leader
Numeracy & Mathematical Reasoning		Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning
Pupils will compare the different participation figure of the most popular sports in this country.		Pupils will calculate theirs and their partner's goals to shots ratio.	Pupils will calculate the cost of hosting a major sporting event e.g. the Olympics	Students will plan and keep score in a KS2/3 Badminton Tournament.	Students will maintain scorekeeping and count rally situations.
					Student will use a tally charts and other source to review their own performance.

Creative Media	Creative Media	Creative Media	Creative Media	Creative Media	Creative Media
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 relevant	Students will use guided internet sources in order to find football drill for teaching	Students will use guided internet sources in order to find information on HRF	Student will use internet and Word to plan fitness event.