


Meadow Park: Sequence Of Learning Overview 2025-2026					
Subject- PE					
Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
KS1					
Health and Fitness	Gymnastics	Functional Skills / Multi Skills	Net and Wall Games	Circuit Training	Athletics
Discuss the importance of a healthy lifestyle	Explore and copy basic body actions and rhythms	Throwing and catching	Showing increased control when catching a ball	Change the speed of travel when navigating obstacles or activities.	Short and long-distance events
Improve components of fitness	Negotiate space confidently, using appropriate strategies.	Hand eye co-ordination	Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it	Complete activities modelled to them by a partner and record a score with help.	Thronging events
Year 3					
Health & Fitness - Improve components of fitness	Functional Skills / Multi Skills - Throwing and Catching - Bat and Ball Skills - Hand eye co-ordination	Football - Control - Pass - Finish	Dodgeball / Basketball - Throwing / Passing Techniques - Rules and Regulations	Rounders - Batting technique - Feilding understanding - Rules and Regulations	Athletics - Short distance events - Long distant events - Throwing events
Year 4					
Health & Fitness - Improve component of fitness - Introduce skill related components	Gymnastics - Floor Techniques - Balancing - Springboard technique	Football - Control and Pass - Defending technique - Finish	Basketball / Dodge ball - Catching / Passing Techniques - Rules and Regulations	Rounders - Catching technique - Feilding understanding - Rules and Regulations	Athletics - Short distance events - Long distant events - Throwing events
Year 5					

Health & Fitness <ul style="list-style-type: none"> - Improve component of fitness - Introduce skill related components 	Gymnastics <ul style="list-style-type: none"> - Floor Techniques - Introduce rolls - Springboard technique 	Football <ul style="list-style-type: none"> - Control and Pass - Defending tactics - Rules and regulations 	Basketball / Dodge ball <ul style="list-style-type: none"> - Dribbling / Dodging - Rules and Regulations 	Rounders <ul style="list-style-type: none"> - Feilding technique - Batting Tactics - Rules and Regulations 	Athletics <ul style="list-style-type: none"> - Short distance events - Long distant events - Throwing events
<u>Year 6</u>					
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
<u>Year 7</u>					
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 / Boxing <ul style="list-style-type: none"> - Rules and regulations - Shot / Passing techniques 	Rounders / Handball <ul style="list-style-type: none"> - Rules and regulations - Back stop technique 	Cricket / Athletics <ul style="list-style-type: none"> - Bowling technique - Running events
<u>Year 8</u>					
Football / Health & Fitness <ul style="list-style-type: none"> - Improve component of fitness - Introduce skill related components - Method; Continuous - 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 - Ball handling 	Cricket / Athletics <ul style="list-style-type: none"> - Batting technique - Throwing events - Rules and regulations
<u>Year 9</u>					

Football / Health & Fitness <ul style="list-style-type: none"> - Improve component of fitness - Introduce skill related components - Method; Continuous - Shooting Technique 	Badminton / Table Tennis <ul style="list-style-type: none"> - Rules and Regulations - Shot techniques - Tournament play 	Basketball / Dodge Ball <ul style="list-style-type: none"> - Chest pass technique - Rules and Regulations 	Volleyball / Boxing <ul style="list-style-type: none"> - Smash shot technique - Jab, block techniques - Rules and regulations 	Rounders / Handball <ul style="list-style-type: none"> - Rules and regulations - Throwing and shooting technique - Base tactics 	Cricket / Athletics <ul style="list-style-type: none"> - Feilding tactics - Jumping events - Rules and regulations
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Year 10					
Unit 1: Fitness for Sport and exercise	Unit 2 Practical Sport	Unit 4: Applying the Principles of Training	Unit 4: Applying the Principles of Training	Unit 1: Fitness for Sport and exercise	Unit 2 Practical Sport
Unit 2: Practical Sports Performace	Unit 1: Fitness for Sport and exercise			Unit 2: Practical Sports Performance	Unit 1: Fitness for Sport and exercise

Year 11					
Unit 6: Leading Sporting Activities	Unit 6: Leading Sporting Activities	Unit 4: Applying the principles of Training**	Unit 1: Fitness for Sport and exercise*	Unit 1: Fitness for Sport and exercise*	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