

Key Stage 3		Autumn	Spring	Summer
Unit Title	2023-2024	Games (striking and fielding)	Games (invasion)	Athletics
Key areas		Tri-Golf – chipping and putting	Tag -Rugby	Olympics – running, jumping and throwing
Skills Focus		Gross motor skills – spatial awareness and hand eye coordination Developing resilience, effort, attitude and respect	Gross motor skills – throwing, catching, moving with a ball, working as a team Learning transferable skills and learning rules	Gross motor skills - Running, throwing and jumping knowledge and understanding
Key vocabulary		Grip, Stance, tick tok, swing, club, tee, chip, putt	Tag, pass, throw, running	Running, lines, throw, jump
Links to other subjects		Science, Maths, Phonics		Maths, PSHE, Science
Key Stage 3		Autumn	Spring	Summer
Unit Title	2024-2025	Other - Skateboarding	Gymnastics	Health and Fitness
Key areas		Balancing and Moving on a board	Introduction to Free running	Health and wellbeing
Skills Focus		Gross motor skills – balance Explore transferable skills, knowledge & understanding	Gross motor skills – coordination, spatial awareness Becoming an independent thinker	Fitness Lifelong health and wellbeing
Key vocabulary		Regular, goofy, carving, kick turn, step off, pads, push off, ollie	Movement, Running, jumping, rolls,	Circuits, sit-up, push up, jump, test, bleep, cooper run
Links to other subjects		PSHE, maths	Maths, PSHE, Science	PSHE, maths, science
Key Stage 3		Autumn	Spring	Summer
Unit Title	2025-2026	OAA	Other - Dodgeball	Games (Net and Wall)
Key areas		Team building, problem solving	Dodgeball – throwing and catching	Sitting volley ball
Skills Focus		Gross motor skills – hand eye coordination, spatial awareness, fine motor skills Developing problem solving skills	Gross motor skills – hand eye coordination, spatial awareness Developing resilience, effort, attitude and respect	Gross motor skills – hand eye coordination, spatial awareness Developing knowledge and understanding
Key vocabulary		Teamwork, problems, solving, bow, arrow, directions	Ducki, dive, dodge, throw, catch	Net, volley, dig, set, smash
Links to other subjects		Geography, PSHE, maths	Maths, PSHE, Science	PSHE, maths, English

P.E at Meadowside promotes democracy, tolerance, respect and individual liberty through breadth of planning

Rule of Law: A key part of Physical Education lessons is about teaching pupils about rules, sportsmanship, etiquette and fair play

Tolerance: Pupils in PE use of a range of social skills in different contexts. They are also taught about respecting others different abilities

Individual Liberty

Pupils are encouraged to make sensible and informed choices in lessons and to take ownership and leadership for this

Democracy:

Within all lessons pupils get the opportunity to have their opinions heard amongst their peers when discussing topics and current issues and tactics



Key Stage 4 and P16		Autumn	Spring	Summer
Unit Title	2023-2024	Gymnastics	Games (invasion)	Athletics
Key areas		Parkour / Free running	Tag -Rugby	Olympics – developing personal bests
Skills Focus		Gross motor skills – coordination, spatial awareness Developing and embedding independent thinking	Gross motor skills – spatial awareness and hand eye coordination, game tactics Embedding and improving tactics	Gross motor skills - Running, throwing and jumping Being competitive
Key vocabulary		Running, jumping, rolls, shoulder, through, over, under, across	Tag, pass, throw, running	Running, lines, throw, jump
Accreditation		75081 PARKOUR/FREERUNNING (UNIT 1)		
Links to other subjects		PSHE, Maths		PSHE, maths, science, history, geography
Key Stage 4 and P16	2024-2025	Autumn	Spring	Summer
Unit Title		OAA	Dance	Games (Net & Wall)
Key areas		D of E	Street dance / movies	Table Tennis
Skills Focus		Gross and fine motor skills – hand eye coordination, spatial awareness Developing and embedding leadership qualities	Gross and fine motor skills – hand eye coordination, spatial awareness encouraged to join local clubs	Gross motor skills – spatial awareness and hand eye coordination Opportunity and quality of competition increases.
Key vocabulary		Teamwork, problems, solving, , directions, bow, arrow	Street dance, hip hop, break dance, routines, movies	Table, tennis, net, ball, points, game, match
Accreditation		70164 TEAM BUILDING		
Links to other subjects		PSHE, Maths, Geography	Music, maths, careers, PSHE	Science, maths, PSHE, careers
Key Stage 4 and P16	2025-2026	Autumn	Spring	Summer
Unit Title		Games (Striking & fielding)	Health and fitness	Other - Dodgeball
Key areas		Cricket – games, tactics and officiating	Components of fitness, Circuits, tests, health and wellbeing	Dodgeball – advanced skills and tactics and officiating
Skills Focus		Gross motor skills – hand eye coordination Rules and officiating games	Muscle Fitness Explore transferable skills, knowledge & understanding	Gross motor skills – hand eye coordination, spatial awareness Embedding resilience, effort, attitude and respect
Key vocabulary		Hit, bowl, over, strike, official, rules	Frequency, Intensity, Time and Type, pulse raiser, specific, progressive, overload, reversibility, peaking	Duck, dive, dodge, throw, catch
Accreditation				
Links to other subjects		Maths, Science, careers	PSHE, Maths, Science	Maths, PSHE, Science

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