

Subject: Core PE

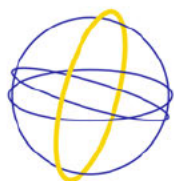
Year 7

**Curriculum Map
2023 -2024**

Week Commencing	Topic (including links to additional resources)	Assessment Window
STAFF INSET 04/09 ALL STUDENT IN 05/09	<u>Physical Educations Standards, Expectations & Curriculum Overviews.</u>	
11/09/2023	Activity 1 Boys: Basketball - The basic rules of basketball - understanding of the main five skills: passing, dribbling, jump stop, pivoting and shooting / Rugby - Key teaching points of passing, possession & movement. Girls: Football – Key teaching points of passing / Netball – The different types of passes used in netball (chest, shoulder, bounce and overhead).	
18/09/2023	Boys: Basketball – How to perform the fundamental basketball skill of ball handling - dribbling / Rugby – Understanding the correct technique of safe tackling. Girls: Football – How to dribble, receive and turn with the ball / Netball – What the footwork rule is in netball and how pivoting is performed.	
25/09/2023	Boys: Basketball - Understand the three different types of passing: bounce, chest, and overarm / Rugby – The importance of support in the game of rugby. Girls: Football – Why control is important in the game / Netball – The different types of dodging used in netball (feint, sprint, double dodge).	
02/10/2023	Boys: Basketball - Set shot - Understand the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-e bow, F-follow through / Rugby – How to apply rucking to the game. Girls: Football – Different techniques used to shoot at goal / Netball – The technical points of shooting in netball.	
9/10/2023	Boys: Basketball – The technique of the lay-up / Rugby - How to apply the maul to the game. Girls: Football – How to head the ball correctly / Netball – The different ways a ball can be received in netball.	

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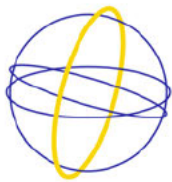
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Principal: Mrs C Stanyer

16/10/2023	<p>Boys: Basketball - Player positions / Rugby – Identify the player positions in the game.</p> <p>Girls: Football – Positional Play & Playing Responsibilities - competitive play / Netball – Positional Play & Playing Responsibilities- competitive play <u>Netball - England v Australia (Gold Medal Match) Commonwealth Games Gold Coast 2018 - https://www.youtube.com/watch?v=2oe_hoXnGLQ</u></p>	
23/10/2023	Assessment – DDI Wave 1&2	
October Half Term		
06/11/2023	<p>Activity 2 (N.B. All groups rotate)</p> <p>Boys: Basketball - The basic rules of basketball - understanding of the main five skills: passing, dribbling, jump stop, pivoting and shooting / Rugby - Key teaching points of passing, possession & movement.</p> <p>Girls: Football – Key teaching points of passing / Netball – The different types of passes used in netball (chest, shoulder, bounce and overhead).</p>	AR1
13/11/2023	<p>Boys: Basketball – How to perform the fundamental basketball skill of ball handling - dribbling / Rugby – Understanding the correct technique of safe tackling.</p> <p>Girls: Football – How to drbble, receive and turn with the ball / Netball – What the footwork rule is in netball and how pivoting is performed.</p>	AR1
20/11/2023	<p>Boys: Basketball - Understand the three different types of passing: bounce, chest, and overarm / Rugby – The importance of support in the game of rugby.</p> <p>Girls: Football – Why control is important in the game / Netball – The different types of dodging used in netball (feint, sprint, double dodge).</p>	
27/11/2023	<p>Boys: Basketball - Set shot - Understand the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-e bow, F-follow through / Rugby – How to apply rucking to the game.</p> <p>Girls: Football – Different techniques used to shoot at goal / Netball – The technical points of shooting in netball.</p>	
4/12/2023	<p>Boys: Basketball – The technique of the lay-up / Rugby - How to apply the maul to the game.</p> <p>Girls: Football – How to head the ball correctly / Netball – The different ways a ball can be received in netball.</p>	

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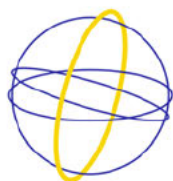
11/12/2023	<p>Boys: Basketball - Player positions / Rugby – Identify the player positions in the game.</p> <p>Girls: Football – Positional Play & Playing Responsibilities - competitive play / Netball – Positional Play & Playing Responsibilities- competitive play <u>Netball - England v Australia (Gold Medal Match) Commonwealth Games Gold Coast 2018 - https://www.youtube.com/watch?v=2oe_hoXnGLQ</u></p>	
18/12/2023	Assessment – DDI Wave 1&2	
Christmas Break		
08/01/2024	<p>Activity 3</p> <p>Boys – Football/Problem Solving – Key teaching points of passing - Short/Driven Pass/ Move it!</p> <p>Girls – Trampoline/Gymnastics - Safety Procedure-Bouncing Safely/ Travel -changing speed, direction, levels, and pathways</p>	
15/01/2024	<p>Boys – Football/Problem Solving – How to dribble, receive and turn with the ball/ Walking the Plank</p> <p>Girls – Trampoline/Gymnastics - Basic Shapes-tuck, p ke, straddle/ Linking Moves & Shapes</p>	
22/01/2024	<p>Boys – Football/Problem Solving – Why control is important in the game? / Team Building Exercises</p> <p>Girls – Trampoline/Gymnastics - Basic jumps - seat drop, ½ twist, full twist/ Balances</p>	AR2
29/01/2024	<p>Boys – Football/Problem Solving - Different techniques used to shoot at goal/ Minefield</p> <p>Girls – Trampoline/Gymnastics - Swivel Hips/ Rolling</p>	AR2
5/02/2024	<p>Boys – Football/Problem Solving – How to head the ball correctly/ Egg Drop</p> <p>Girls – Trampoline/Gymnastics – Sequences</p>	
February Half Term		
19/02/2024	<p>Boys – Football/Problem Solving - Competitive play/ Playing Card Mix-up</p> <p>Girls – Trampoline/Gymnastics – Sequences</p> <p>Assessment – DDI Wave 1&2</p>	

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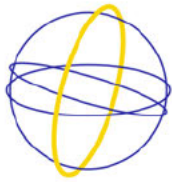
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26/02/2024	<p><u>Activity 4 (N.B. All groups rotate)</u></p> <p>Boys – Football/Problem Solving – Key teaching points of passing - Short/Driven Pass/ Move it!</p> <p>Girls – Trampoline/Gymnastics - Safety Procedure-Bouncing Safely/ Travel -changing speed, direction, levels, and pathways</p>	
4/03/2024	<p>Boys – Football/Problem Solving – How to dribble, receive and turn with the ball/ Walking the Plank</p> <p>Girls – Trampoline/Gymnastics - Basic Shapes-tuck, p ke, straddle/ Linking Moves & Shapes</p>	
11/03/2024	<p>Boys – Football/Problem Solving – Why control is important in the game? / Team Building Exercises</p> <p>Girls – Trampoline/Gymnastics - Basic jumps - seat drop, ½ twist, full twist/ Balances</p>	
18/03/2024	<p>Boys – Football/Problem Solving - Different techniques used to shoot at goal/ Minefield</p> <p>Girls – Trampoline/Gymnastics - Swivel Hips/ Rolling</p>	
Easter		
8/04/2024	<p>Boys – Football/Problem Solving – How to head the ball correctly/ Egg Drop</p> <p>Girls – Trampoline/Gymnastics – Sequences</p>	
15/04/24	<p>Boys – Football/Problem Solving - Competitive play/ Playing Card Mix-up</p> <p>Girls – Trampoline/Gymnastics – Sequences</p> <p>Assessment – DDI Wave 1&2</p>	
22/04/2024	<p><u>Activity 5</u></p> <p><u>Boys & Girls – Athletics - How to work safely, whilst performing at maximum levels in Athletics</u></p> <p>EA Athletics – https://www.englandathletics.org/ Health and Safety, Athletics Specific – Warm-ups – https://diqitaltrackandfield.com/warm-up-exercises-and-progression/</p>	
29/04/2024	<p>Boys – Athletics - Track Events & Sprints/Sprint Starts How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints Sprint Start Technique - https://www.youtube.com/watch?v=Drdm1WsRQwA</p> <p>Girls – Athletics - Long Jump TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5iBN_Hg</p>	

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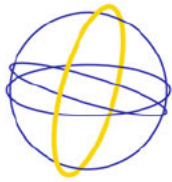
	<p>Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj</p>	
6/05/24	<p>Boys – Athletics – Long Jump TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5iBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj</p> <p>Girls – Athletics – Track Events & Sprints/Sprint Starts How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints Sprint Start Technique - https://www.youtube.com/watch?v=Drdm1WsRQwA</p>	
13/05/24	<p>Activity 5</p> <p>Boys & Girls – Athletics - How to work safely, whilst performing at maximum levels in Athletics EA Athletics – https://www.englandathletics.org/ Health and Safety, Athletics Specific – Warm-ups – https://digitaltrackandfield.com/warm-up-exercises-and-progression/</p>	
20/05/24	<p>Boys – Athletics – Middle Distance Events Model technique - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance Race Walking - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking HAIL: Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=eJdLIQ31YY</p> <p>Girls – Athletics – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys</p>	
May Half Term		
3/06/2024	<p>Boys – Athletics – Shot Put Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot</p> <p>Girls – Athletics – Middle Distance Events Model technique - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance Race Walking - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking HAIL:</p>	

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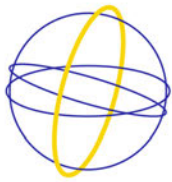
	Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=eJdLIQ31YY	
10/06/2024	Boys – Athletics – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWiC-vs Girls – Athletics – Shot Putt Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot	
17/06/2024	Activity 6 Boys – Cricket - Bowling - the basic techniques of the simple bowl and leg spin Girls – Rounders - Bowling Action - The correct height & speed https://www.sportplan.net/drills/Rounders/Bowling/Good-bowling-action-rounders9.jsp	KS3 END OF YEAR ASSESSMENTS
24/06/2024	Boys – Cricket - Fielding – catching and throwing at different heights and distances Girls – Rounders - Fielding – catching and throwing at different heights and distances	KS3 END OF YEAR ASSESSMENTS
1/07/2024	Boys – Cricket - Fielding - Long Barrier & 'Pick up and throw' https://www.youtube.com/watch?v=4DjueKrm3KU Girls – Rounders - Fielding - Long Barrier & Recovery Run	KS3 END OF YEAR ASSESSMENTS
8/07/2024	Boys – Cricket - Batting - Defensive shots Front foot - https://www.youtube.com/watch?v=LKNVptlwKBk Back foot - https://www.youtube.com/watch?v=g37IMGT8DsI Girls – Rounders - Batting - Correct grip & stance	
15/07/2024	Boys – Cricket - Batting - Straight Drive Girls – Rounders - Batting – Scoring https://www.youtube.com/watch?v=smTBrE52Fag&t=75s	
22/07/20234	Boys – Cricket – Positional Play & Playing Respons bilities – Competitive Game Play Girls – Rounders - Positional Play & Playing Responsibilities – Competitive Game Play Rounders England Senior Squad International Against Wales 22nd July 2012 - https://www.youtube.com/watch?v=veMacwRU9ms	

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