

Sandon Road, Meir, Stoke-on-Trent, ST3 7DF Telephone: 01782 377100 Fax: 01782 377101

Email: info@omera.co.uk Website: www.ormistonmeridianacademy.co.uk

Principal: Mrs C Stanyer

Subject: Core PE

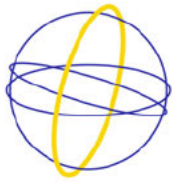
Year 8

**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 – Recap the rules of basketball and the main five skills: passing, dribbling, jump stop, pivoting and shooting / Rugby – Recap the key teaching points of passing, possession & movement. Girls: Football – Key teaching points of passing and how to keep possession / Netball – Understand how timing can affect possession in a game.	
18/09/2023	Boys: Basketball – How to perform the fundamental basketball skill of ball handling - dribbling / Rugby – Understanding the correct technique of safe tackling and the associated rules. Girls: Football – How to dr bble, and time passing whilst on the move / Netball – the timing of the feint dodge.	
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 and receiving on the move is important in a game / Netball – receiving the ball from the left and right with speed.	
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 by combining dribbling, turning and control / Netball – how to use an overhead pass and back dodge 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 keep possession, create space and maintain spatial awareness / Netball – what a toss-up is and how it is used in a netball game & shooting skill.	

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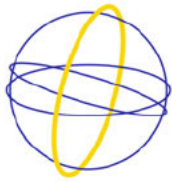
16/10/2023	<p>Boys: Basketball - Player positions / Rugby – Identify the player positions in the game.</p> <p>Girls: Football – Identify the key points of man to man marking / Netball – what an interception is and how it is used in a game situation.</p>	
23/10/2023	Assessment – DDI Wave 1&2	AR1
October 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 and how to keep possession / Netball – understand how timing can affect possession in a game.</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 dribble, and time passing whilst on the move / Netball – the timing of the feint dodge.</p>	
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 and receiving on the move is important in a game / Netball – receiving the ball from the left and right with speed.</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 by combining dribbling, turning and control / Netball – how to use an overhead pass and back dodge 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 keep possession, create space and maintain spatial awareness / Netball – what a toss-up is and how it is used in a netball game & shooting skill.</p>	

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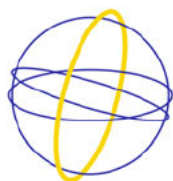
11/12/2023	<p>Boys: Basketball - Player positions / Rugby – Identify the player positions in the game.</p> <p>Girls: Football – Identify the key points of man to man marking / Netball – what an interception is and how it is used in a game situation.</p>	
18/12/2023	Assessment – DDI Wave 1&2	
Christmas Break		
08/01/2024	<p>Activity 3</p> <p>Boys: Football – The key teaching points of passing in football and how to keep possession/ Problem Solving – Move it!</p> <p>Girls: Gymnastics – Travel - changing speed, direction, levels, and pathways Trampolining - Safety Procedure-Bouncing Safely – Basic shapes</p>	
15/01/2024	<p>Boys: Football – How to dribble and time passing whilst on the move/ Problem Solving – Walking the Plank</p> <p>Girls: Gymnastics - Mirroring & Symmetry/ Trampolining - Seat Drop/ Swivel Hips</p>	AR2
22/01/2024	<p>Boys: Football – Why control and receiving on the move is important in a game/ Problem Solving – Team Building Exercises</p> <p>Girls: Gymnastics - Partner Balances (Partial/Whole weight bearing)/ Trampolining - Front Drop (Include Half Twisting Moves)</p>	AR2
29/01/2024	<p>Boys: Football – Different techniques that can be used to have a shot at goal by combining dribbling, turning and control/ Problem Solving - Minefield</p> <p>Girls: Gymnastics - Flight & Vaulting/ Trampolining - Back Drop (Include Half Twisting Moves)</p>	
5/02/2024	<p>Boys: Football – How to keep possession, creating space and maintain spatial awareness/ Problem Solving – Egg Drop</p> <p>Girls: Gymnastics - Partner Sequences/ Trampolining - 8-10 Bounce Routines</p>	
February Half Term		

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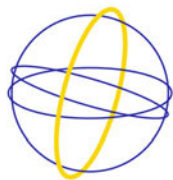
19/02/2024	<p>Boys: Football – Set Play - competitive play/ Problem Solving – A four-team 'Capture the Flag' type game</p> <p>Girls: Gymnastics/ Trampoline – 'Show Week' – Observation Analysis – Identifying strengths and areas for improvement.</p> <p>Assessment – DDI Wave 1&2</p>	
26/02/2024	<p>Activity 4 (N.B. All Groups Rotate)</p> <p>Boys: Football – The key teaching points of passing in football and how to keep possession/ Problem Solving – Move it!</p> <p>Girls: Gymnastics – Travel - changing speed, direction, levels, and pathways</p> <p>Trampoline - Safety Procedure-Bouncing Safely – Basic shapes</p>	
4/03/2024	<p>Boys: Football – How to dribble and time passing whilst on the move/ Problem Solving – Walking the Plank</p> <p>Girls: Gymnastics - Mirroring & Symmetry/ Trampoline - Seat Drop/ Swivel Hips</p>	
11/03/2024	<p>Boys: Football – Why control and receiving on the move is important in a game/ Problem Solving – Team Building Exercises</p> <p>Girls: Gymnastics - Partner Balances (Partial/Whole weight bearing)/ Trampoline - Front Drop (Include Half Twisting Moves)</p>	
18/03/2024	<p>Boys: Football – Different techniques that can be used to have a shot at goal by combining dribbling, turning and control/ Problem Solving - Minefield</p> <p>Girls: Gymnastics - Flight & Vaulting/ Trampoline - Back Drop (Include Half Twisting Moves)</p>	
Easter		
8/04/2024	<p>Boys: Football – How to keep possession, creating space and maintain spatial awareness/ Problem Solving – Egg Drop</p> <p>Girls: Gymnastics - Partner Sequences/ Trampoline - 8-10 Bounce Routines</p>	
15/04/24	<p>Boys: Football – Positional Play & Playing Responsibilities - competitive play/ Problem Solving - Playing Card Mix-up</p> <p>Girls: Gymnastics - Partner Sequences/ Trampoline - 8-10 Bounce Routines ('Show Week' – Observation Analysis – Identifying strengths and areas for improvement).</p> <p>Assessment – DDI Wave 1&2</p>	

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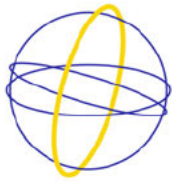
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22/04/2024	<p>Activity 5</p> <p>Boys & Girls – Athletics - How to work safely, whilst performing at maximum levels in Athletics EA Athletics – https://www.englandathletics.org/ Health and Safety, Athletics Specific – Warm-ups – https://digitaltrackandfield.com/warm-up-exercises-and-progression/</p>	
29/04/2024	<p>Boys – Athletics - Track Events & Sprints/Sprint Starts/High Jump 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 EA Athletics – Dick Fosbury (The history of the high jump event) – https://www.youtube.com/watch?v=ld4W6VA0uLc</p> <p>Girls – Athletics - Long Jump/ Middle Distance Events TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj 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=elJdLIQ31YY</p>	
6/05/24	<p>Boys – Athletics - Long Jump/Middle Distance Events TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj 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=elJdLIQ31YY</p> <p>Girls – Athletics - Track Events & Sprints/Sprint Starts/High Jump 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 EA Athletics – Dick Fosbury (The history of the high jump event) – https://www.youtube.com/watch?v=ld4W6VA0uLc</p>	

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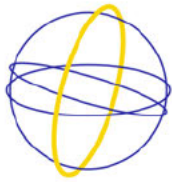
13/05/24	<p><u>Boys – Athletics – Discus/Hurdles</u> YouTube Discus Throw for Beginners Grip Release & Power https://www.youtube.com/watch?v=y9cb6pTFidY Model Technique Hurdling Technique & Drills - https://www.teachpe.com/sports-coaching/athletics/hurdles</p> <p><u>Girls – Athletics – Relay</u> Model relay baton changeover technique – https://www.youtube.com/watch?v=vJSCoWiC-ys</p>	
20/05/24	<p><u>Boys – Athletics – Shot Put/Javelin</u> Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot https://www.youtube.com/watch?v=54iXDipusEQ</p> <p><u>Girls – Athletics – Discus/Hurdles</u> YouTube Discus Throw for Beginners Grip Release & Power https://www.youtube.com/watch?v=y9cb6pTFidY Model Technique Hurdling Technique & Drills - https://www.teachpe.com/sports-coaching/athletics/hurdles</p>	
May Half Term		
3/06/2024	<p><u>Boys – Athletics – Relay</u> Model relay baton changeover technique – https://www.youtube.com/watch?v=vJSCoWiC-ys</p> <p><u>Girls – Athletics – Shot Put/Javelin</u> Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot https://www.youtube.com/watch?v=54iXDipusEQ</p> <p>Assessment – DDI Wave 1&2</p>	
10/06/2024	<p>Activity 6</p> <p>Boys – Cricket – Fielding - Long Barrier & Chase Pick Up https://www.youtube.com/watch?v=4DjueKrm3KU</p> <p>Girls – Rounders - Fielding - Receiving A Low and High Ball</p>	
17/06/2024	<p>Boys – Cricket – Bowling Nets – Line & Length https://www.youtube.com/watch?v=pbUCIMDRBto</p> <p>Girls – Rounders - Bowling Techniques & Rules - Spin, Fast, Donkey Drop & No Balls https://www.sportplan.net/drills/Rounders/Bowling/Good-bowling-action-rounders9.jsp</p>	KS3 END OF YEAR ASSESSMENTS

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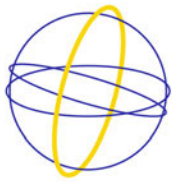
24/06/2024	<p>Boys – Cricket – Bowling - Line & Length (Leg spin & Off spin)</p> <p>Girls – Rounders - Fielding - Backwards Hit & Obstruction</p>	KS3 END OF YEAR ASSESSMENTS
1/07/2024	<p>Boys – Cricket – Batting - Directional Batting Using the Straight Drive https://www.youtube.com/watch?v=pbUCIMDRBto</p> <p>Girls – Rounders - Fielding - Long Barrier & Recovery Run</p>	KS3 END OF YEAR ASSESSMENTS
8/07/2024	<p>Boys – Cricket – Batting - Defensive Shots Front foot - https://www.youtube.com/watch?v=LKNVptlwkBk Back foot - https://www.youtube.com/watch?v=g37IMGT8DsI</p> <p>Girls – Rounders - Batting - Correct Grip & Stance</p>	
15/07/2024	<p>Boys – Cricket – Batting - Pull shot https://www.youtube.com/watch?v=lxV8G8EJt7M</p> <p>Girls – Rounders - Batting - Directional Batting</p>	
22/07/20234	<p>Boys: Cricket - Rules, Regulations & Scoring Systems – Competitive Game Play https://www.youtube.com/watch?v=wHEIT32ZEVs</p> <p>Girls: Rounders/Cricket – Tournament/Competitive Game Play Rounders - https://www.youtube.com/watch?v=6GkIXr0hKaY</p>	

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