

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**

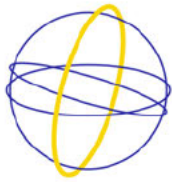
**Year 9**

**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 &amp; Curriculum Overviews.</u>	
11/09/2023	<b>Activity 1</b>  <b>Boys: Basketball</b> – Passing and possession (passing and receiving on the move) / <b>Rugby</b> – Recap the key teaching points of passing, possession & movement.  <b>Girls: Netball</b> – Catching at full stretch & high feeds / <b>Football</b> – Key teaching points of passing in football and how to keep possession.	
18/09/2023	<b>Boys: Basketball</b> – Recap the fundamental basketball skill of ball handling - dribbling / <b>Rugby</b> – Understanding the correct technique of safe tackling and the associated rules.  <b>Girls: Netball</b> – Drive towards the ball / <b>Football</b> – understand how to create a volley pass.	
25/09/2023	<b>Boys: Basketball</b> – Lay-up progressions and associated rules / <b>Rugby</b> – The importance of support in the game of rugby.  <b>Girls: Netball</b> – Defence – phase one (defending the person) & phase two (marking the pass), plus all associated rules / <b>Football</b> – <b>Understand</b> how to perform the jockeying technique.	
02/10/2023	<b>Boys: Basketball</b> - Set shot/boxing out - recap the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-e bow, F-follow through / <b>Rugby</b> – How to apply rucking to the game.  <b>Girls: Netball</b> – Set play – attacking play from a sideline position 'Down Court pass' / <b>Football</b> – <b>Understand</b> how shield the ball and keep possession.	
9/10/2023	<b>Boys: Basketball</b> – Setting screens during attacking play / <b>Rugby</b> – Recap how to apply the maul to the game.  <b>Girls: Netball</b> – Shooting Skills (techniques and associated rules) / <b>Football</b> – Key teaching points of width and depth in attack.	

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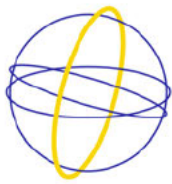
16/10/2023	<p><b>Boys: Basketball</b> - Player positions and responsibilities / <b>Rugby</b> – Identify the player positions in the game.</p> <p><b>Girls: Netball</b> – Positional responsibility / <b>Football</b> – students are to take the skills learned in this unit of work and apply them into a game situation.</p>	
23/10/2023	<b>Assessment</b> – DDI Wave 1&2	
October Half Term		
06/11/2023	<p><b>Activity 2 (N.B. All Groups Rotate)</b></p> <p><b>Boys: Basketball</b> – Passing and possession (passing and receiving on the move) / <b>Rugby</b> – Recap the key teaching points of passing, possession &amp; movement.</p> <p><b>Girls: Netball</b> – Catching at full stretch &amp; high feeds / <b>Football</b> – Key teaching points of passing in football and how to keep possession.</p>	
13/11/2023	<p><b>Boys: Basketball</b> – Recap the fundamental basketball skill of ball handling - dribbling / <b>Rugby</b> – Understanding the correct technique of safe tackling and the associated rules.</p> <p><b>Girls: Netball</b> – Drive towards the ball / <b>Football</b> – understand how to create a volley pass.</p>	AR1
20/11/2023	<p><b>Boys: Basketball</b> – Lay-up progressions and associated rules / <b>Rugby</b> – The importance of support in the game of rugby.</p> <p><b>Girls: Netball</b> – Defence – phase one (defending the person) &amp; phase two (marking the pass), plus all associated rules / <b>Football</b> – <b>Understand</b> how to perform the jockeying technique.</p>	AR1
27/11/2023	<p><b>Boys: Basketball</b> – Lay-up progressions and associated rules / <b>Rugby</b> – The importance of support in the game of rugby.</p> <p><b>Girls: Netball</b> – Set play – attacking play from a sideline position 'Down Court pass' / <b>Football</b> – <b>Understand</b> how shield the ball and keep possession.</p>	
4/12/2023	<p><b>Boys: Basketball</b> – Setting screens during attacking play / <b>Rugby</b> – Recap how to apply the maul to the game.</p> <p><b>Girls: Netball</b> – Shooting Skills (techniques and associated rules) / <b>Football</b> – Key teaching points of width and depth in attack.</p>	

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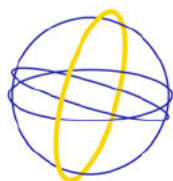
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11/12/2023	<p><b>Boys: Basketball</b> - Player positions and responsibilities / <b>Rugby</b> – Identify the player positions in the game.</p> <p><b>Girls: Netball</b> – Positional responsibility / <b>Football</b> – students are to take the skills learned in this unit of work and apply them into a game situation.</p>	
18/12/2023	<p><b>Activity 2 (N.B. All Groups Rotate)</b></p> <p><b>Boys: Basketball</b> – Passing and possession (passing and receiving on the move) / <b>Rugby</b> – Recap the key teaching points of passing, possession &amp; movement.</p> <p><b>Girls: Netball</b> – Catching at full stretch &amp; high feeds / <b>Football</b> – Key teaching points of passing in football and how to keep possession.</p> <p><b>Assessment</b> – DDI Wave 1&amp;2</p>	
Christmas Break		
08/01/2024	<p><b>Activity 3</b></p> <p><b>Boys: Football/ Problem Solving</b> - The key teaching points of passing in football and how to keep possession /Team Building Exercises</p> <p><b>Girls: Gymnastics/Trampoline</b> - Recap Travel-changing speed, direction, levels, flight, and pathways/Safety Procedure-Bouncing Safely</p>	
15/01/2024	<p><b>Boys: Football/ Problem Solving</b> - How to create a volley pass/ Minefield</p> <p><b>Girls: Gymnastics/Trampoline</b> - Group work - Balances (Partial/Whole Weight Bearing/Seat Drop/ Swivel Hips</p>	
22/01/2024	<p><b>Boys: Football/ Problem Solving</b> - How to perform the jockeying technique/ Playing Card Mix-up</p> <p><b>Girls: Gymnastics/Trampoline</b> - Group Sequences using apparatus/Front Drop (Include Half Twisting Moves)</p>	
29/01/2024	<p><b>Boys: Football/ Problem Solving</b> - How shield the ball and keep possession/ Move it!</p> <p><b>Girls: Gymnastics/Trampoline</b> - Flight &amp; Vaulting/Back Drop (Include Half Twisting Moves)</p>	AR2
5/02/2024	<p><b>Boys: Football/ Problem Solving</b> - The key points of width/depth in attack/ Walking the Plank</p> <p><b>Girls: Gymnastics/Trampoline</b> - Group Sequences/8-10 Bounce Routines</p>	AR2

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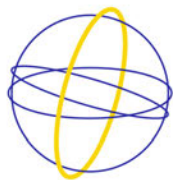
February Half Term		
19/02/2024	<p><b>Boys: Football/ Problem Solving</b> - Tournament/Competitive Game Play/ A four-team Capture the Flag type game</p> <p><b>Girls:</b> Gymnastics/Trampoline - Group Sequences/8-10 Bounce Routines</p> <p><b>Assessment</b> – DDI Wave 1&amp;2</p>	
26/02/2024	<p><b><u>Activity 4 (N.B. All Groups Rotate)</u></b></p> <p><b>Boys: Football/ Problem Solving</b> - The key teaching points of passing in football and how to keep possession /Team Building Exercises</p> <p><b>Girls:</b> Gymnastics/Trampoline - Recap Travel-changing speed, direction, levels, flight, and pathways/Safety Procedure-Bouncing Safely</p>	
4/03/2024	<p><b>Boys: Football/ Problem Solving</b> - How to create a volley pass/ Minefield</p> <p><b>Girls:</b> Gymnastics/Trampoline - Group work - Balances (Partial/Whole Weight Bearing/Seat Drop/ Swivel Hips</p>	
11/03/2024	<p><b>Boys: Football/ Problem Solving</b> - How to perform the jockeying technique/ Playing Card Mix-up</p> <p><b>Girls:</b> Gymnastics/Trampoline - Group Sequences using apparatus/Front Drop (Include Half Twisting Moves)</p>	
18/03/2024	<p><b>Boys: Football/ Problem Solving</b> - How shield the ball and keep possession/ Move it!</p> <p><b>Girls:</b> Gymnastics/Trampoline - Flight &amp; Vaulting/Back Drop (Include Half Twisting Moves)</p>	
Easter		
8/04/2024	<p><b>Boys: Football/ Problem Solving</b> - The key points of width/depth in attack/ Walking the Plank</p> <p><b>Girls:</b> Gymnastics/Trampoline - Group Sequences/8-10 Bounce Routines</p>	
15/04/24	<p><b>Boys: Football/ Problem Solving</b> - Tournament/Competitive Game Play/ A four-team Capture the Flag type game</p> <p><b>Girls:</b> Gymnastics/Trampoline - Group Sequences/8-10 Bounce Routines</p> <p><b>Assessment</b> – DDI Wave 1&amp;2</p>	

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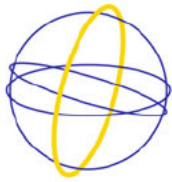
22/04/2024	<p><b>Activity 5</b></p> <p><b>Boys &amp; Girls: Athletics</b> - How to work safely, whilst performing at maximum levels in Athletics EA Athletics – <a href="https://www.englandathletics.org/">https://www.englandathletics.org/</a> Health and Safety, Athletics Specific – Warm-ups – <a href="https://digitaltrackandfield.com/warm-up-exercises-and-progression/">https://digitaltrackandfield.com/warm-up-exercises-and-progression/</a></p>	
29/04/2024	<p><b>Boys: Athletics</b> - Track Events &amp; Sprints/High Jump How to run for speed/sprint techniques - <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints</a> EA Athletics – Dick Fosbury (The history of the high jump event) – <a href="https://www.youtube.com/watch?v=ld4W6VA0uLc">https://www.youtube.com/watch?v=ld4W6VA0uLc</a></p> <p><b>Girls: Athletics</b> – Shot Putt/ Middle Distance Events Model technique – <b>shot putt</b> <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot</a> Model technique - <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance</a> Race Walking - <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking</a> <b>HAIL:</b> Watch the video on Carbohydrate loading: <a href="https://www.youtube.com/watch?v=eIjDlIQ31YY">https://www.youtube.com/watch?v=eIjDlIQ31YY</a></p>	
6/05/24	<p><b>Boys: Athletics</b> – Shot Putt/ Middle Distance Events Model technique – <b>shot putt</b> <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot</a> Model technique - <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-endurance</a> Race Walking - <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-racewalking</a> <b>HAIL:</b> Watch the video on Carbohydrate loading: <a href="https://www.youtube.com/watch?v=eIjDlIQ31YY">https://www.youtube.com/watch?v=eIjDlIQ31YY</a></p> <p><b>Girls: Athletics</b> - Track Events &amp; Sprints/High Jump How to run for speed/sprint techniques - <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints</a> EA Athletics – Dick Fosbury (The history of the high jump event) – <a href="https://www.youtube.com/watch?v=ld4W6VA0uLc">https://www.youtube.com/watch?v=ld4W6VA0uLc</a></p>	
13/05/24	<p><b>Boys: Athletics</b> – Sprinting &amp; Sprint Starts/ Discus <b>Sprint Start Technique</b> - <a href="https://www.youtube.com/watch?v=Drdm1WsRQwA">https://www.youtube.com/watch?v=Drdm1WsRQwA</a></p>	

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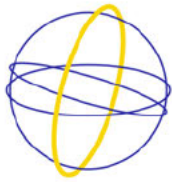
	<p><b>Model technique – YouTube</b> How to Discus Power throw (standing technique) - <a href="https://www.youtube.com/watch?v=5atxdHaE-T8">https://www.youtube.com/watch?v=5atxdHaE-T8</a></p> <p><b>Girls: Athletics – Relay/Long Jump</b> Model relay baton changeover technique – <a href="https://www.youtube.com/watch?v=vUSCoWiC-vs">https://www.youtube.com/watch?v=vUSCoWiC-vs</a> TEACHPE.Com – Long Jump Video Clip: <a href="https://www.youtube.com/watch?v=5v9p5iBN_Hg">https://www.youtube.com/watch?v=5v9p5iBN_Hg</a> Long Jump Clips/Teaching Resources: <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj</a></p>	
20/05/24	<p><b>Boys: Athletics – Relay/Long Jump</b> Model relay baton changeover technique – <a href="https://www.youtube.com/watch?v=vUSCoWiC-vs">https://www.youtube.com/watch?v=vUSCoWiC-vs</a> TEACHPE.Com – Long Jump Video Clip: <a href="https://www.youtube.com/watch?v=5v9p5iBN_Hg">https://www.youtube.com/watch?v=5v9p5iBN_Hg</a> Long Jump Clips/Teaching Resources: <a href="http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj">http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj</a></p> <p><b>Girls: Athletics - Sprinting &amp; Sprint Starts/ Discus</b> <b>Sprint Start Technique -</b> <a href="https://www.youtube.com/watch?v=Drdm1WsRQwA">https://www.youtube.com/watch?v=Drdm1WsRQwA</a> Model technique – YouTube How to Discus Power throw (standing technique) - <a href="https://www.youtube.com/watch?v=5atxdHaE-T8">https://www.youtube.com/watch?v=5atxdHaE-T8</a></p>	
May Half Term		
3/06/2024	<p><b>Boys: Athletics – Middle Distance/Triple Jump</b> Triple Jump Progressions <a href="https://www.youtube.com/watch?v=mgKCdyRNDQY">https://www.youtube.com/watch?v=mgKCdyRNDQY</a></p> <p><b>Girls: Athletics - Hurdles/Javelin</b> <a href="https://www.teachpe.com/sports-coaching/athletics/hurdles">https://www.teachpe.com/sports-coaching/athletics/hurdles</a> Model technique – Javelin (Throw): How to Coach / Teach for Physical Educators (PE) - Track &amp; Field (Athletics) - <a href="https://www.youtube.com/watch?v=54iXDipusEQ">https://www.youtube.com/watch?v=54iXDipusEQ</a></p> <p><b>Assessment – DDI Wave 1&amp;2</b></p>	
10/06/2024	<p><b>Activity 6</b></p> <p><b>Boys: Cricket - Bowling Nets – Line &amp; Length</b> <a href="https://www.youtube.com/watch?v=pbUCIMDRBto">https://www.youtube.com/watch?v=pbUCIMDRBto</a></p> <p><b>Girls: Rounders/Cricket - Directional Batting &amp; Timing/ Batting - Correct grip &amp; stance</b> <a href="https://www.youtube.com/watch?v=smTBrE52Fag">https://www.youtube.com/watch?v=smTBrE52Fag</a> <a href="https://www.youtube.com/watch?v=gusv3BsHd3g">https://www.youtube.com/watch?v=gusv3BsHd3g</a></p>	

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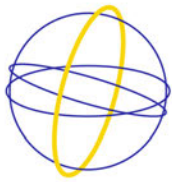
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17/06/204	<p><b>Boys: Cricket - Bowling - Line &amp; Length (Leg spin &amp; Off Spin)</b></p> <p><b>Girls: Rounders/Cricket - Fielding Off the Post/catching and throwing at different heights and distances</b>            Rounders - <a href="https://www.youtube.com/watch?v=YWJtql-Jg0A">https://www.youtube.com/watch?v=YWJtql-Jg0A</a>            Cricket - <a href="https://www.youtube.com/watch?v=NShiz8XbJhM">https://www.youtube.com/watch?v=NShiz8XbJhM</a></p>	KS3 END OF YEAR ASSESSMENTS
24/06/2024	<p><b>Boys: Cricket - Batting - Directional batting using the straight drive.</b>  <a href="https://www.youtube.com/watch?v=pbUCIMDRBto">https://www.youtube.com/watch?v=pbUCIMDRBto</a></p> <p><b>Girls – Rounders/Cricket - Advanced Play/ Fielding – Long Barrier &amp; 'Pick up and throw'</b>  <a href="https://www.youtube.com/watch?v=4DjueKrm3KU">https://www.youtube.com/watch?v=4DjueKrm3KU</a></p>	KS3 END OF YEAR ASSESSMENTS
1/07/2024	<p><b>Boys: Cricket - Batting - Defensive Shots</b>            Front foot - <a href="https://www.youtube.com/watch?v=LKNVptlwKBk">https://www.youtube.com/watch?v=LKNVptlwKBk</a>            Back foot - <a href="https://www.youtube.com/watch?v=g37IMGT8DsI">https://www.youtube.com/watch?v=g37IMGT8DsI</a></p> <p><b>Girls – Rounders/Cricket - Strategic &amp; Tactical Play/ Batting - Straight Drive</b>  <a href="https://www.youtube.com/watch?v=dIjrYzV9a0s&amp;t=8s">https://www.youtube.com/watch?v=dIjrYzV9a0s&amp;t=8s</a></p>	KS3 END OF YEAR ASSESSMENTS
8/07/2024	<p><b>Boys: Cricket - Batting - Pull shot</b>  <a href="https://www.youtube.com/watch?v=lxV8G8EJt7M">https://www.youtube.com/watch?v=lxV8G8EJt7M</a></p> <p><b>Girls: Rounders/Cricket - Rules, Regulations &amp; Scoring Systems – Competitive Game Play/ Bowling - Line &amp; Length</b>  <a href="https://www.youtube.com/watch?v=pbUCIMDRBto&amp;t=93s">https://www.youtube.com/watch?v=pbUCIMDRBto&amp;t=93s</a></p>	
15/07/2024	<p><b>Boys: Cricket - Rules, Regulations &amp; Scoring Systems – Competitive Game Play</b>  <a href="https://www.youtube.com/watch?v=wHEIT32ZEVs">https://www.youtube.com/watch?v=wHEIT32ZEVs</a></p> <p><b>Girls: Rounders/Cricket – Tournament/Competitive Game Play</b>            Rounders - <a href="https://www.youtube.com/watch?v=6GkIXr0hKaY">https://www.youtube.com/watch?v=6GkIXr0hKaY</a></p>	
22/07/20234	<p><b>Boys: Cricket - Rules, Regulations &amp; Scoring Systems – Competitive Game Play</b>  <a href="https://www.youtube.com/watch?v=wHEIT32ZEVs">https://www.youtube.com/watch?v=wHEIT32ZEVs</a></p> <p><b>Girls: Rounders/Cricket – Tournament/Competitive Game Play</b>            Rounders - <a href="https://www.youtube.com/watch?v=6GkIXr0hKaY">https://www.youtube.com/watch?v=6GkIXr0hKaY</a></p>	

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