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Principal: Mrs C Stanyer

Subject: Core PE

Year 7 Curriculum Map 2024 - 25

Week Commencing	Topic (including links to additional resources)	Assessment Window
Staff INSET 02/09 Students Return 03/09	<u>Physical Educations Standards, Expectations & Curriculum Overviews.</u>	
09/09/2024	<u>Activity 1</u> 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).	
16/09/2024	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.	
23/09/2024	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).	
30/09/2024	Boys: Basketball - Set shot - Understand the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-elbow, 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.	
07/10/2024	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.	

Ormiston Meridian Academy is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



14/10/2024	<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 Netball - England v Australia (Gold Medal Match) Commonwealth Games Gold Coast 2018 - https://www.youtube.com/watch?v=2oe_hoXnGLQ</p>	
21/10/2024	Assessment – DDI Wave 1&2	
October Half Term		
04/11/2024	<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>	Achievement Round 1
11/11/2024	<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, receive and turn with the ball / Netball – What the footwork rule is in netball and how pivoting is performed.</p>	Achievement Round 1
18/11/2024	<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>	
25/11/2024	<p>Boys: Basketball - Set shot - Understand the key aspects of shooting, including 'BEEF'- B-balance, E- eyes, E-elbow, 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>	
02/12/2024	<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>	
09/12/2024	<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 Netball - England v Australia (Gold Medal Match) Commonwealth Games Gold Coast 2018 - https://www.youtube.com/watch?v=2oe_hoXnGLQ</p>	

16/12/2024	Assessment – DDI Wave 1&2	
Christmas Break		
06/01/2025	<p><u>Activity 3</u></p> <p>Boys – Football/Problem Solving – Key teaching points of passing - Short/Driven Pass/ Move it!</p> <p>Girls – Trampolining/Gymnastics - Safety Procedure-Bouncing Safely/ Travel -changing speed, direction, levels, and pathways</p>	
13/01/2025	<p>Boys – Football/Problem Solving – How to dribble, receive and turn with the ball/ Walking the Plank</p> <p>Girls – Trampolining/Gymnastics - Basic Shapes-tuck, pike, straddle/ Linking Moves & Shapes</p>	
20/01/2025	<p>Boys – Football/Problem Solving – Why control is important in the game? / Team Building Exercises</p> <p>Girls – Trampolining/Gymnastics - Basic jumps - seat drop, ½ twist, full twist/ Balances</p>	
27/01/2025	<p>Boys – Football/Problem Solving - Different techniques used to shoot at goal/ Minefield</p> <p>Girls – Trampolining/Gymnastics - Swivel Hips/ Rolling</p>	
03/02/2025	<p>Boys – Football/Problem Solving – How to head the ball correctly/ Egg Drop</p> <p>Girls – Trampolining/Gymnastics – Sequences</p>	
10/02/2025	<p>Boys – Football/Problem Solving - Competitive play/ Playing Card Mix-up</p> <p>Girls – Trampolining/Gymnastics – Sequences</p> <p>Assessment – DDI Wave 1&2</p>	Achievement Round 2
February Half Term		
24/02/2025	<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 – Trampolining/Gymnastics - Safety Procedure-Bouncing Safely/ Travel -changing speed, direction, levels, and pathways</p>	Achievement Round 2
03/03/2025	<p>Boys – Football/Problem Solving – How to dribble, receive and turn with the ball/ Walking the Plank</p> <p>Girls – Trampolining/Gymnastics - Basic Shapes-tuck, pike, straddle/ Linking Moves & Shapes</p>	
10/03/2025	<p>Boys – Football/Problem Solving – Why control is important in the game? / Team Building Exercises</p> <p>Girls – Trampolining/Gymnastics - Basic jumps - seat drop, ½ twist, full twist/ Balances</p>	

17/03/2025	<p>Boys – Football/Problem Solving - Different techniques used to shoot at goal/ Minefield</p> <p>Girls – Trampoline/Gymnastics - Swivel Hips/ Rolling</p>	
24/03/2023	<p>Boys – Football/Problem Solving – How to head the ball correctly/ Egg Drop</p> <p>Girls – Trampoline/Gymnastics – Sequences</p>	
31/03/2025	<p>Boys – Football/Problem Solving - Competitive play/ Playing Card Mix-up</p> <p>Girls – Trampoline/Gymnastics – Sequences Assessment – DDI Wave 1&2</p>	
07/04/2025	<p>Activity 5</p> <p>Boys & Girls – Athletics - <u>How to work safely, whilst performing at maximum levels in Athletics</u> EA Athletics – https://www.englandathletics.org/ Health and Safety, Athletics Specific – Warm-ups – https://digitaltrackandfield.com/warm-up-exercises-and-progression/</p>	
Easter Break		
28/04/2025	<p>Boys – Athletics - <u>Track Events & Sprints/Sprint Starts</u> How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints <u>Sprint Start Technique</u> - https://www.youtube.com/watch?v=Drdm1WsRQwA</p> <p>Girls – Athletics - <u>Long Jump</u> 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</p>	
05/05/25	<p>Boys – Athletics - <u>Long Jump</u> 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</p> <p>Girls – Athletics - <u>Track Events & Sprints/Sprint Starts</u> How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints <u>Sprint Start Technique</u> - https://www.youtube.com/watch?v=Drdm1WsRQwA</p>	
12/05/2025	<p>Boys – Athletics - <u>Middle Distance Events</u> 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=vUSCoWiC-ys</p>	
19/05/2025	<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: Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=elJdLIQ31YY</p>	
May Half Term		
02/06/2025	<p>Boys – Athletics – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys</p> <p>Girls – Athletics – Shot Putt Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot</p>	
09/06/2025	<p>Activity 6</p> <p>Boys – Cricket - Bowling - the basic techniques of the simple bowl and leg spin</p> <p>Girls – Rounders - Bowling Action - The correct height & speed https://www.sportplan.net/drills/Rounders/Bowling/Good-bowling-action-rounders9.jsp</p>	
16/06/2025	<p>Boys – Cricket - Fielding – catching and throwing at different heights and distances</p> <p>Girls – Rounders - Fielding – catching and throwing at different heights and distances</p>	Achievement Round 3
23/06/2025	<p>Boys – Cricket - Fielding - Long Barrier & 'Pick up and throw' https://www.youtube.com/watch?v=4DjueKrm3KU</p> <p>Girls – Rounders - Fielding - Long Barrier & Recovery Run</p>	Achievement Round 3
30/06/2025	<p>Boys – Cricket - Batting - Defensive shots Front foot - https://www.youtube.com/watch?v=LKNVptlwBk Back foot - https://www.youtube.com/watch?v=g371MGT8Dsl</p> <p>Girls – Rounders - Batting - Correct grip & stance</p>	Achievement Round 3
07/07/2025	<p>Boys – Cricket - Batting - Straight Drive</p> <p>Girls – Rounders - Batting – Scoring https://www.youtube.com/watch?v=smTBrE52Fag&t=75s</p>	

14/07/2025	Boys – Cricket – Positional Play & Playing Responsibilities – 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	
21/07/2025		