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Principal: Mrs C Stanyer

Subject: Core PE

Year 8 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	<p><u>Activity 1</u></p> <p>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.</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>	
16/09/2024	<p>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.</p> <p>Girls: Football – How to dribble, and time passing whilst on the move / Netball – the timing of the feint dodge.</p>	
23/09/2024	<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 and receiving on the move is important in a game / Netball – receiving the ball from the left and right with speed.</p>	
30/09/2024	<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 by combining dribbling, turning and control / Netball – how to use an overhead pass and back dodge in netball.</p>	
07/10/2024	<p>Boys: Basketball – The technique of the lay-up / Rugby - How to apply the maul to the game.</p> <p>Girls: Football – How to 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>	

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 – Identify the key points of man to man marking / Netball – what an interception is and how it is used in a game situation.</p>	
21/10/2024	Assessment – DDI Wave 1&2	Achievement Round 1
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 and how to keep possession / Netball – understand how timing can affect possession in a game.</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, and time passing whilst on the move / Netball – the timing of the feint dodge.</p>	
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 and receiving on the move is important in a game / Netball – receiving the ball from the left and right with speed.</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 by combining dribbling, turning and control / Netball – how to use an overhead pass and back dodge 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 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>	
09/12/2024	<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>	

16/12/2024	Assessment – DDI Wave 1&2	
Christmas Break		
06/01/2025	<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</p> <p>Trampolineing - Safety Procedure-Bouncing Safely – Basic shapes</p>	
13/01/2025	<p>Boys: Football – How to dribble and time passing whilst on the move/ Problem Solving – Walking the Plank</p> <p>Girls: Gymnastics - Mirroring & Symmetry/ Trampolineing - Seat Drop/ Swivel Hips</p>	
20/01/2025	<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)/ Trampolineing - Front Drop (Include Half Twisting Moves)</p>	
27/01/2025	<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/ Trampolineing - Back Drop (Include Half Twisting Moves)</p>	Achievement Round 2
03/02/2025	<p>Boys: Football – How to keep possession, creating space and maintain spatial awareness/ Problem Solving – Egg Drop</p> <p>Girls: Gymnastics - Partner Sequences/ Trampolineing - 8-10 Bounce Routines</p>	Achievement Round 2
10/02/2025	<p>Boys: Football – Set Play - competitive play/ Problem Solving – A four-team 'Capture the Flag' type game</p> <p>Girls: Gymnastics/ Trampolineing – 'Show Week' – Observation Analysis – Identifying strengths and areas for improvement.</p> <p>Assessment – DDI Wave 1&2</p>	
February Half Term		
24/02/2025	<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>Trampolineing - Safety Procedure-Bouncing Safely – Basic shapes</p>	
03/03/2025	<p>Boys: Football – How to dribble and time passing whilst on the move/ Problem Solving – Walking the Plank</p>	

	Girls: Gymnastics - Mirroring & Symmetry/ Trampolining - Seat Drop/ Swivel Hips	
10/03/2025	Boys: Football – Why control and receiving on the move is important in a game/ Problem Solving – Team Building Exercises Girls: Gymnastics - Partner Balances (Partial/Whole weight bearing)/ Trampolining - Front Drop (Include Half Twisting Moves)	
17/03/2025	Boys: Football – Different techniques that can be used to have a shot at goal by combining dribbling, turning and control/ Problem Solving - Minefield Girls: Gymnastics - Flight & Vaulting/ Trampolining - Back Drop (Include Half Twisting Moves)	
24/03/2023	Boys: Football – How to keep possession, creating space and maintain spatial awareness/ Problem Solving – Egg Drop Girls: Gymnastics - Partner Sequences/ Trampolining - 8-10 Bounce Routines	
31/03/2025	Boys: Football – Positional Play & Playing Responsibilities - competitive play / Problem Solving - Playing Card Mix-up Girls: Gymnastics - Partner Sequences/ Trampolining - 8-10 Bounce Routines ('Show Week' – Observation Analysis – Identifying strengths and areas for improvement). Assessment – DDI Wave 1&2	
07/04/2025	Activity 5 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/	
Easter Break		
28/04/2025	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=Id4W6VA0uLc 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:	

	<p>Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=eJdLIQ31YY</p>	
05/05/25	<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=eJdLIQ31YY</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>	
12/05/2025	<p>Boys – Athletics - Discus/Hurdles 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>Girls – Athletics – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys</p>	
19/05/2025	<p>Boys – Athletics – Shot Put/Javelin Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot https://www.youtube.com/watch?v=54iXDipusEQ</p> <p>Girls – Athletics - Discus/Hurdles 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		
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 Put/Javelin Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot https://www.youtube.com/watch?v=54iXDipusEQ</p>	

	Assessment – DDI Wave 1&2	
09/06/2025	<u>Activity 6</u> Boys – Cricket – Fielding - Long Barrier & Chase Pick Up https://www.youtube.com/watch?v=4DjueKrm3KU Girls – Rounders - Fielding - Receiving A Low and High Ball	
16/06/2025	Boys – Cricket – Bowling Nets – Line & Length https://www.youtube.com/watch?v=pbUCIMDRBto Girls – Rounders - Bowling Techniques & Rules - Spin, Fast, Donkey Drop & No Balls https://www.sportplan.net/drills/Rounders/Bowling/Good-bowling-action-rounders9.jsp	Achievement Round 3
23/06/2025	Boys – Cricket – Bowling - Line & Length (Leg spin & Off spin) Girls – Rounders - Fielding - Backwards Hit & Obstruction	Achievement Round 3
30/06/2025	Boys – Cricket – Batting - Directional Batting Using the Straight Drive https://www.youtube.com/watch?v=pbUCIMDRBto Girls – Rounders - Fielding - Long Barrier & Recovery Run	Achievement Round 3
07/07/2025	Boys – Cricket – Batting - Defensive Shots Front foot - https://www.youtube.com/watch?v=LKNVptlwBk Back foot - https://www.youtube.com/watch?v=g37IMGT8Dsl Girls – Rounders - Batting - Correct Grip & Stance	
14/07/2025	Boys – Cricket – Batting - Pull shot https://www.youtube.com/watch?v=lxV8G8EJt7M Rules, Regulations & Scoring Systems – Competitive Game Play https://www.youtube.com/watch?v=wHEIT32ZEVs Girls – Rounders - Batting - Directional Batting Tournament/Competitive Game Play Rounders - https://www.youtube.com/watch?v=6GkIXr0hKaY	
21/07/2025		