



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 2024 - 25

Week Commencing	Topic (including links to additional resources)	Assessment Window
Staff INSET 02/09 Students Return 03/09	Physical Educations Standards, Expectations & Curriculum Overviews.	
09/09/2024	Activity 1 Boys: Basketball – Passing and possession (passing and receiving on the move) / Rugby – Recap the key teaching points of passing, possession & movement. Girls: Netball – Catching at full stretch & high feeds / Football – Key teaching points of passing in football and how to keep possession.	
16/09/2024	Boys: Basketball – Recap the fundamental basketball skill of ball handling - dribbling / Rugby – Understanding the correct technique of safe tackling and the associated rules. Girls: Netball – Drive towards the ball / Football – understand how to create a volley pass.	
23/09/2024	Boys: Basketball – Lay-up progressions and associated rules / Rugby – The importance of support in the game of rugby. Girls: Netball – Defence – phase one (defending the person) & phase two (marking the pass), plus all associated rules / Football – Understand how to perform the jockeying technique.	
30/09/2024	Boys: Basketball - Set shot/boxing out - recap 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: Netball – Set play – attacking play from a sideline position 'Down Court pass' / Football – Understand how shield the ball and keep possession.	
07/10/2024	Boys: Basketball – Setting screens during attacking play / Rugby – Recap how to apply the maul to the game. Girls: Netball – Shooting Skills (techniques and associated rules) / Football – Key teaching points of width and depth in attack.	

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 and responsibilities / Rugby – Identify the player positions in the game.</p> <p>Girls: Netball – Positional responsibility / Football – students are to take the skills learned in this unit of work and apply them into a game situation.</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 – Passing and possession (passing and receiving on the move) / Rugby – Recap the key teaching points of passing, possession & movement.</p> <p>Girls: Netball – Catching at full stretch & high feeds / Football – Key teaching points of passing in football and how to keep possession.</p>	
11/11/2024	<p>Boys: Basketball – Recap the fundamental basketball skill of ball handling - dribbling / Rugby – Understanding the correct technique of safe tackling and the associated rules.</p> <p>Girls: Netball – Drive towards the ball / Football – understand how to create a volley pass.</p>	Achievement Round 1
18/11/2024	<p>Boys: Basketball – Lay-up progressions and associated rules / Rugby – The importance of support in the game of rugby.</p> <p>Girls: Netball – Defence – phase one (defending the person) & phase two (marking the pass), plus all associated rules / Football – Understand how to perform the jockeying technique.</p>	Achievement Round 1
25/11/2024	<p>Boys: Basketball – Lay-up progressions and associated rules / Rugby – The importance of support in the game of rugby.</p> <p>Girls: Netball – Set play – attacking play from a sideline position 'Down Court pass' / Football – Understand how shield the ball and keep possession.</p>	
02/12/2024	<p>Boys: Basketball – Setting screens during attacking play / Rugby – Recap how to apply the maul to the game.</p> <p>Girls: Netball – Shooting Skills (techniques and associated rules) / Football – Key teaching points of width and depth in attack.</p>	
09/12/2024	<p>Boys: Basketball - Player positions and responsibilities / Rugby – Identify the player positions in the game.</p> <p>Girls: Netball – Positional responsibility / Football – students are to take the skills learned in this unit of work and apply them into a game situation.</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 - The key teaching points of passing in football and how to keep possession /Team Building Exercises</p> <p>Girls: Gymnastics/Trampolining - Recap Travel-changing speed, direction, levels, flight, and pathways/Safety Procedure-Bouncing Safely</p>	
13/01/2025	<p>Boys: Football/ Problem Solving - How to create a volley pass/ Minefield</p> <p>Girls: Gymnastics/Trampolining - Group work - Balances (Partial/Whole Weight Bearing/Seat Drop/ Swivel Hips</p>	
20/01/2025	<p>Boys: Football/ Problem Solving - How to perform the jockeying technique/ Playing Card Mix-up</p> <p>Girls: Gymnastics/Trampolining - Group Sequences using apparatus/Front Drop (Include Half Twisting Moves)</p>	
27/01/2025	<p>Boys: Football/ Problem Solving - How shield the ball and keep possession/ Move it!</p> <p>Girls: Gymnastics/Trampolining - Flight & Vaulting/Back Drop (Include Half Twisting Moves)</p>	
03/02/2025	<p>Boys: Football/ Problem Solving - The key points of width/depth in attack/ Walking the Plank</p> <p>Girls: Gymnastics/Trampolining - Group Sequences/8-10 Bounce Routines</p>	
10/02/2025	<p>Boys: Football/ Problem Solving - Tournament/Competitive Game Play/ A four-team Capture the Flag type game</p> <p>Girls: Gymnastics/Trampolining - Group Sequences/8-10 Bounce Routines</p> <p>Assessment – DDI Wave 1&2</p>	
February Half Term		
24/02/2025	<p><u>Activity 4 (N.B. All Groups Rotate)</u></p> <p>Boys: Football/ Problem Solving - The key teaching points of passing in football and how to keep possession /Team Building Exercises</p> <p>Girls: Gymnastics/Trampolining - Recap Travel-changing speed, direction, levels, flight, and pathways/Safety Procedure-Bouncing Safely</p>	
03/03/2025	Boys: Football/ Problem Solving - How to create a volley pass/ Minefield	Achievement Round 2

	Girls: Gymnastics/Trampoline - Group work - Balances (Partial/Whole Weight Bearing/Seat Drop/ Swivel Hips)	
10/03/2025	Boys: Football/ Problem Solving - How to perform the jockeying technique/ Playing Card Mix-up Girls: Gymnastics/Trampoline - Group Sequences using apparatus/Front Drop (Include Half Twisting Moves)	Achievement Round 2
17/03/2025	Boys: Football/ Problem Solving - How shield the ball and keep possession/ Move it! Girls: Gymnastics/Trampoline - Flight & Vaulting/Back Drop (Include Half Twisting Moves)	
24/03/2023	Boys: Football/ Problem Solving - The key points of width/depth in attack/ Walking the Plank Girls: Gymnastics/Trampoline - Group Sequences/8-10 Bounce Routines	
31/03/2025	Boys: Football/ Problem Solving - Tournament/Competitive Game Play/ A four-team Capture the Flag type game Girls: Gymnastics/Trampoline - Group Sequences/8-10 Bounce Routines Assessment – DDI Wave 1&2	
07/04/2025	<u>Activity 5</u> 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/High Jump How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints EA Athletics – Dick Fosbury (The history of the high jump event) – https://www.youtube.com/watch?v=Id4W6VA0uLc Girls: Athletics – Shot Put/ Middle Distance Events Model technique – shot putt http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot 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=eIJdLIQ31YY	
05/05/25	<p>Boys: Athletics – Shot Putt/ Middle Distance Events Model technique – shot putt http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot 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=eIJdLIQ31YY</p> <p>Girls: Athletics - Track Events & Sprints/High Jump How to run for speed/sprint techniques - http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-sprints 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 – Sprinting & Sprint Starts/ Discus <u>Sprint Start Technique -</u> https://www.youtube.com/watch?v=Drdm1WsRQwA Model technique – YouTube How to Discus Power throw (standing technique) :- https://www.youtube.com/watch?v=5atxdHaE-T8</p> <p>Girls: Athletics – Relay/Long Jump Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hq Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj</p>	
19/05/2025	<p>Boys: Athletics – Relay/Long Jump Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys TEACHPE.Com – Long Jump Video Clip: https://www.youtube.com/watch?v=5v9p5jBN_Hq Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj</p> <p>Girls: Athletics - Sprinting & Sprint Starts/ Discus <u>Sprint Start Technique -</u> https://www.youtube.com/watch?v=Drdm1WsRQwA Model technique – YouTube How to Discus Power throw (standing technique) :- https://www.youtube.com/watch?v=5atxdHaE-T8</p>	
May Half Term		
02/06/2025	<p>Boys: Athletics – Middle Distance/Triple Jump Triple Jump Progressions</p>	

	<p>https://www.youtube.com/watch?v=mqKCdyRNDQY</p> <p>Girls: Athletics - Hurdles/Javelin https://www.teachpe.com/sports-coaching/athletics/hurdles Model technique – Javelin (Throw): How to Coach / Teach for Physical Educators (PE) - Track & Field (Athletics) - https://www.youtube.com/watch?v=54iXDipusEQ</p> <p>Assessment – DDI Wave 1&2</p>	
09/06/2025	<p>Activity 6</p> <p>Boys: Cricket - Bowling Nets – Line & Length https://www.youtube.com/watch?v=pbUCIMDRBto</p> <p>Girls: Rounders/Cricket - Directional Batting & Timing/ Batting - Correct grip & stance https://www.youtube.com/watch?v=smTBrE52Faq https://www.youtube.com/watch?v=gusv3BsHd3g</p>	
16/06/2025	<p>Boys: Cricket - Bowling - Line & Length (Leg spin & Off Spin)</p> <p>Girls: Rounders/Cricket - Fielding Off the Post/catching and throwing at different heights and distances Rounders - https://www.youtube.com/watch?v=YWJtqI-Jq0A Cricket - https://www.youtube.com/watch?v=NShiz8XbJhM</p>	Achievement Round 3
23/06/2025	<p>Boys: Cricket - Batting - Directional batting using the straight drive. https://www.youtube.com/watch?v=pbUCIMDRBto</p> <p>Girls – Rounders/Cricket - Advanced Play/ Fielding - Long Barrier & 'Pick up and throw' https://www.youtube.com/watch?v=4DjueKrm3KU</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=q371MGT8Dsl</p> <p>Girls – Rounders/Cricket - Strategic & Tactical Play/ Batting - Straight Drive https://www.youtube.com/watch?v=dIjrYzV9a0s&t=8s</p>	Achievement Round 3
07/07/2025	<p>Boys: Cricket - Batting - Pull shot https://www.youtube.com/watch?v=IxV8G8EJt7M</p> <p>Girls: Rounders/Cricket - Rules, Regulations & Scoring Systems – Competitive Game Play/ Bowling - Line & Length https://www.youtube.com/watch?v=pbUCIMDRBto&t=93s</p>	
14/07/2025	<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</p>	

	Rounders - https://www.youtube.com/watch?v=6GklXr0hKaY	
21/07/2025		