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Principal: Mrs C Stanyer

Subject: Core PE

Year 7 Curriculum Map 2025 - 26

Week Commencing	Topic (including links to additional resources)	Assessment Window
Staff INSET 01/09 Students Return 02/09	<u>Physical Educations Standards, Expectations & Curriculum Overviews.</u>	
08/09/2025	<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).	
15/09/2025	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.	
22/09/2025	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).	
29/09/2025	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.	
06/10/2025	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.	
13/10/2025	Boys: Basketball - Player positions / Rugby – Identify the player positions in the game.	

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.



	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	
20/10/2025	Assessment – DDI Wave 1&2	
October Half Term		
03/11/2025	<u>Activity 2 (N.B. All groups rotate)</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).	AR1
10/11/2025	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.	AR1
17/11/2025	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).	
24/11/2025	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.	
01/12/2025	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.	
08/12/2025	Boys: Basketball - Player positions / Rugby – Identify the player positions in the game. 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	
15/12/2025	Assessment – DDI Wave 1&2	
Christmas Break		
05/01/2026	<u>Activity 3</u>	

	Boys – Football/Problem Solving – Key teaching points of passing - Short/Driven Pass/ Move it! Girls – Trampoline/Gymnastics - Safety Procedure-Bouncing Safely/ Travel -changing speed, direction, levels, and pathways	
12/01/2026	Boys – Football/Problem Solving – How to dribble, receive and turn with the ball/ Walking the Plank Girls – Trampoline/Gymnastics - Basic Shapes-tuck, pike, straddle/ Linking Moves & Shapes	
19/01/2026	Boys – Football/Problem Solving – Why control is important in the game? / Team Building Exercises Girls – Trampoline/Gymnastics - Basic jumps - seat drop, ½ twist, full twist/ Balances	
26/01/2026	Boys – Football/Problem Solving - Different techniques used to shoot at goal/ Minefield Girls – Trampoline/Gymnastics - Swivel Hips/ Rolling	
02/02/2026	Boys – Football/Problem Solving – How to head the ball correctly/ Egg Drop Girls – Trampoline/Gymnastics – Sequences	
09/02/2026	Boys – Football/Problem Solving - Competitive play/ Playing Card Mix-up Girls – Trampoline/Gymnastics – Sequences Assessment – DDI Wave 1&2	AR2
February Half Term		
23/02/2026	Activity 4 (N.B. All groups rotate) Boys – Football/Problem Solving – Key teaching points of passing - Short/Driven Pass/ Move it! Girls – Trampoline/Gymnastics - Safety Procedure-Bouncing Safely/ Travel -changing speed, direction, levels, and pathways	AR2
02/03/2026	Boys – Football/Problem Solving – How to dribble, receive and turn with the ball/ Walking the Plank Girls – Trampoline/Gymnastics - Basic Shapes-tuck, pike, straddle/ Linking Moves & Shapes	
09/03/2026	Boys – Football/Problem Solving – Why control is important in the game? / Team Building Exercises Girls – Trampoline/Gymnastics - Basic jumps - seat drop, ½ twist, full twist/ Balances	
16/03/2026	Boys – Football/Problem Solving - Different techniques used to shoot at goal/ Minefield Girls – Trampoline/Gymnastics - Swivel Hips/ Rolling	
23/03/2026	Boys – Football/Problem Solving – How to head the ball correctly/ Egg Drop Girls – Trampoline/Gymnastics – Sequences	
Easter Break		

13/04/2026	Boys – Football/Problem Solving - Competitive play/ Playing Card Mix-up Girls – Trampolining/Gymnastics – Sequences Assessment – DDI Wave 1&2	
20/04/2026	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/	
27/04/2026	Boys – Athletics - Track Events & Sprints/Sprint Starts 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 Girls – Athletics - Long Jump 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	
04/05/2026	Boys – Athletics - Long Jump 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 Girls – Athletics - Track Events & Sprints/Sprint Starts 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	
11/05/2026	Boys – 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=eIJdLIQ31YY Girls – Athletics – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys	
18/05/2026	Boys – Athletics – Shot Put Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot 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=eIJdLIQ31YY	
May Half Term		

01/06/2026	Boys – Athletics – Relay Model relay baton changeover technique – https://www.youtube.com/watch?v=vUSCoWjC-ys Girls – Athletics – Shot Putt Model technique – http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot	
08/06/2026	Activity 6 Boys – Cricket - Bowling - the basic techniques of the simple bowl and leg spin Girls – Rounders - Bowling Action - The correct height & speed https://www.sportplan.net/drills/Rounders/Bowling/Good-bowling-action-rounders9.jsp	
15/06/2026	Boys – Cricket - Fielding – catching and throwing at different heights and distances Girls – Rounders - Fielding – catching and throwing at different heights and distances	AR3
22/06/2026	Boys – Cricket - Fielding - Long Barrier & 'Pick up and throw' https://www.youtube.com/watch?v=4DjueKrm3KU Girls – Rounders - Fielding - Long Barrier & Recovery Run	AR3
29/06/2026	Boys – Cricket - Batting - Defensive shots Front foot - https://www.youtube.com/watch?v=LKNVPtlwkBk Back foot - https://www.youtube.com/watch?v=g37IMGT8Dsl Girls – Rounders - Batting - Correct grip & stance	AR3
06/07/2026	Boys – Cricket - Batting - Straight Drive Girls – Rounders - Batting – Scoring https://www.youtube.com/watch?v=smTBrE52Fag&t=75s	
13/07/2026	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	
20/07/2026		