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Principal: Mrs C Stanyer

Subject: Core PE

Year 8 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 – 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. Girls: Football – Key teaching points of passing and how to keep possession / Netball – Understand how timing can affect possession in a game.	
15/09/2025	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. Girls: Football – How to dribble, and time passing whilst on the move / Netball – the timing of the feint dodge.	
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 and receiving on the move is important in a game / Netball – receiving the ball from the left and right with speed.	
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 by combining dribbling, turning and control / Netball – how to use an overhead pass and back dodge 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 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.	
13/10/2025	Boys: Basketball - Player positions / Rugby – Identify the player positions in the game. 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.	

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.



20/10/2025	Assessment – DDI Wave 1&2	AR1
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 and how to keep possession / Netball – understand how timing can affect possession in a game.	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, and time passing whilst on the move / Netball – the timing of the feint dodge.	
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 and receiving on the move is important in a game / Netball – receiving the ball from the left and right with speed.	
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 by combining dribbling, turning and control / Netball – how to use an overhead pass and back dodge 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 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.	
08/12/2025	Boys: Basketball - Player positions / Rugby – Identify the player positions in the game. 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.	
15/12/2025	Assessment – DDI Wave 1&2	
Christmas Break		
05/01/2026	<u>Activity 3</u> Boys: Football – The key teaching points of passing in football and how to keep possession/ Problem Solving – Move it! Girls: Problem Solving Trampolining - Safety Procedure-Bouncing Safely – Basic shapes	
12/01/2026	Boys: Football – How to dribble and time passing whilst on the move/ Problem Solving – Walking the Plank	

	Girls: Problem Solving / Trampolining - Seat Drop/ Swivel Hips	
19/01/2026	Boys: Football – Why control and receiving on the move is important in a game/ Problem Solving – Team Building Exercises Girls: Problem Solving / Trampolining - Front Drop (Include Half Twisting Moves)	
26/01/2026	Boys: Football – Different techniques that can be used to have a shot at goal by combining dribbling, turning and control/ Problem Solving – Minefield Girls: Problem Solving / Trampolining - Back Drop (Include Half Twisting Moves)	AR2
02/02/2026	Boys: Football – How to keep possession, creating space and maintain spatial awareness/ Problem Solving – Egg Drop Girls: Problem Solving Team Challenges / Trampolining - 8-10 Bounce Routines	AR2
09/02/2026	Boys: Football – Set Play - competitive play/ Problem Solving – A four-team 'Capture the Flag' type game Girls: Problem Solving – Team Challenges / Trampolining – 'Show Week' – Observation Analysis – Identifying strengths and areas for improvement. Assessment – DDI Wave 1&2	
February Half Term		
23/02/2026	<u>Activity 4 (N.B. All Groups Rotate)</u> Boys: Football – The key teaching points of passing in football and how to keep possession/ Problem Solving – Move it! Girls: Problem Solving Trampolining - Safety Procedure-Bouncing Safely – Basic shapes	
02/03/2026	Boys: Football – How to dribble and time passing whilst on the move/ Problem Solving – Walking the Plank Girls: Problem Solving / Trampolining - Seat Drop/ Swivel Hips	
09/03/2026	Boys: Football – Why control and receiving on the move is important in a game/ Problem Solving – Team Building Exercises Girls: Problem Solving / Trampolining - Front Drop (Include Half Twisting Moves)	
16/03/2026	Boys: Football – Different techniques that can be used to have a shot at goal by combining dribbling, turning and control/ Problem Solving – Minefield Girls: Problem Solving / Trampolining - Back Drop (Include Half Twisting Moves)	
23/03/2026	Boys: Football – How to keep possession, creating space and maintain spatial awareness/ Problem Solving – Egg Drop Girls: Problem Solving Team Challenges / Trampolining - 8-10 Bounce Routines	
Easter Break		
13/04/2026	Boys: Football – Set Play - competitive play/ Problem Solving – A four-team 'Capture the Flag' type game	

	<p>Girls: Problem Solving – Team Challenges / Trampolining – ‘Show Week’ – Observation Analysis – Identifying strengths and areas for improvement.</p> <p>Assessment – DDI Wave 1&2</p>	
20/04/2026	<p>Activity 5</p> <p>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/</p>	
27/04/2026	<p>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=ld4W6VA0uLc</p> <p>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: Watch the video on Carbohydrate loading: https://www.youtube.com/watch?v=eJdLIQ31YY</p>	
04/05/2026	<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>	
11/05/2026	<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>	
18/05/2026	<p>Boys – Athletics – Shot Put/Javelin</p>	

	<p>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		
01/06/2026	<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> <p>Assessment – DDI Wave 1&2</p>	
08/06/2026	<p>Activity 6</p> <p>Boys – Cricket – Fielding - Long Barrier & Chase Pick Up https://www.youtube.com/watch?v=4DjueKrm3KU</p> <p>Girls – Rounders - Fielding - Receiving A Low and High Ball</p>	
15/06/2026	<p>Boys – Cricket – Bowling Nets – Line & Length https://www.youtube.com/watch?v=pbUCIMDRBto</p> <p>Girls – Rounders - Bowling Techniques & Rules - Spin, Fast, Donkey Drop & No Balls https://www.sportplan.net/drills/Rounders/Bowling/Good-bowling-action-rounders9.jsp</p>	AR3
22/06/2026	<p>Boys – Cricket – Bowling - Line & Length (Leg spin & Off spin)</p> <p>Girls – Rounders - Fielding - Backwards Hit & Obstruction</p>	AR3
29/06/2026	<p>Boys – Cricket – Batting - Directional Batting Using the Straight Drive https://www.youtube.com/watch?v=pbUCIMDRBto</p> <p>Girls – Rounders - Fielding - Long Barrier & Recovery Run</p>	AR3
06/07/2026	<p>Boys – Cricket – Batting - Defensive Shots Front foot - https://www.youtube.com/watch?v=LKNVptlwBk Back foot - https://www.youtube.com/watch?v=q37IMGT8DsI</p> <p>Girls – Rounders - Batting - Correct Grip & Stance</p>	
13/07/2026	<p>Boys – Cricket – Batting - Pull shot https://www.youtube.com/watch?v=lxV8G8EJt7M</p> <p>Rules, Regulations & Scoring Systems – Competitive Game Play https://www.youtube.com/watch?v=wHEIT32ZEVs</p>	
20/07/2026	<p>Girls – Rounders - Batting - Directional Batting Tournament/Competitive Game Play Rounders - https://www.youtube.com/watch?v=6GkIXr0hKaY</p>	

