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Principal: Mrs C Stanyer

Subject: Core PE

Year 9 Curriculum Map 2025 - 26

| Week Commencing | Topic (including links to additional resources) | Assessment Window |
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| 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 – 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. | |
| 15/09/2025 | 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. | |
| 22/09/2025 | 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. | |
| 29/09/2025 | 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. | |
| 06/10/2025 | 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. | |
| 13/10/2025 | Boys: Basketball - Player positions and responsibilities / Rugby – Identify the player positions in the game. Girls: Netball – Positional responsibility / Football – students are to take the skills learned in this unit of work and apply them into 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.



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| 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 – 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. | |
| 10/11/2025 | 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. | AR1 |
| 17/11/2025 | 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. | AR1 |
| 24/11/2025 | Boys: Basketball – Lay-up progressions and associated rules / Rugby – The importance of support in the game of rugby. Girls: Netball – Set play – attacking play from a sideline position 'Down Court pass' / Football – Understand how shield the ball and keep possession. | |
| 01/12/2025 | 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. | |
| 08/12/2025 | Boys: Basketball - Player positions and responsibilities / Rugby – Identify the player positions in the game. Girls: Netball – Positional responsibility / Football – students are to take the skills learned in this unit of work and apply them into a game situation. | |
| 15/12/2025 | Assessment – DDI Wave 1&2 | |
| Christmas Break | | |
| 05/01/2026 | <u>Activity 3</u> Boys: Football/ Problem Solving - The key teaching points of passing in football and how to keep possession /Team Building Exercises Girls: Trampolining/Problem Solving - Safety Procedure-Bouncing Safely/ Minefield | |

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| 12/01/2026 | Boys: Football/ Problem Solving - How to create a volley pass/ Minefield Girls: Trampolining/ Problem Solving - Swivel Hips / Team Building Exercises | |
| 19/01/2026 | Boys: Football/ Problem Solving - How to perform the jockeying technique/ Playing Card Mix-up Girls: Trampolining/ Problem Solving - Front Drop (Include Half Twisting Moves)/ Move it! | |
| 26/01/2026 | Boys: Football/ Problem Solving - How shield the ball and keep possession/ Move it! Girls: Trampolining/ Problem Solving - Back Drop (Include Half Twisting Moves)/ Playing Card Mix-up | |
| 02/02/2026 | Boys: Football/ Problem Solving - The key points of width/depth in attack/ Walking the Plank Girls: Trampolining/ Problem Solving - 8-10 Bounce Routines/ A four-team Capture the Flag type game | AR2 |
| 09/02/2026 | Boys: Football/ Problem Solving - Tournament/Competitive Game Play/ A four-team Capture the Flag type game Girls: Trampolining/ Problem Solving - 8-10 Bounce Routines/ Walking the Plank Assessment – DDI Wave 1&2 | AR2 |
| February Half Term | | |
| 23/02/2026 | <u>Activity 4 (N.B. All Groups Rotate)</u> Boys: Football/ Problem Solving - The key teaching points of passing in football and how to keep possession /Team Building Exercises Girls: Trampolining/Problem Solving - Safety Procedure-Bouncing Safely/ Minefield | |
| 02/03/2026 | Boys: Football/ Problem Solving - How to create a volley pass/ Minefield Girls: Trampolining/ Problem Solving - Swivel Hips / Team Building Exercises | |
| 09/03/2026 | Boys: Football/ Problem Solving - How to perform the jockeying technique/ Playing Card Mix-up Girls: Trampolining/ Problem Solving - Front Drop (Include Half Twisting Moves)/ Move it! | |
| 16/03/2026 | Boys: Football/ Problem Solving - How shield the ball and keep possession/ Move it! Girls: Trampolining/ Problem Solving - Back Drop (Include Half Twisting Moves)/ Playing Card Mix-up | |
| 23/03/2026 | Boys: Football/ Problem Solving - The key points of width/depth in attack/ Walking the Plank Girls: Trampolining/ Problem Solving - 8-10 Bounce Routines/ A four-team Capture the Flag type game | |

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| Easter Break | | |
| 13/04/2026 | <p>Boys: Football/ Problem Solving - Tournament/Competitive Game Play/ A four-team Capture the Flag type game</p> <p>Girls: Trampolining/ Problem Solving - 8-10 Bounce Routines/ Walking the Plank</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/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> <p>Girls: 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> | |
| 04/05/2026 | <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> | |
| 11/05/2026 | <p>Boys: Athletics – Sprinting & Sprint Starts/ Discus Sprint Start Technique - 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=vUSCoWiC-ys 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> | |

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| 18/05/2026 | <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_Hg Long Jump Clips/Teaching Resources: http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-lj</p> <p>Girls: Athletics - Sprinting & Sprint Starts/ Discus Sprint Start Technique - 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 | | |
| 01/06/2026 | <p>Boys: Athletics – Middle Distance/Triple Jump Triple Jump Progressions 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> | |
| 08/06/2026 | <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> | |
| 15/06/2026 | <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=YWJtql-Jq0A Cricket - https://www.youtube.com/watch?v=NShiz8XbJhM</p> | ROA |
| 22/06/2026 | <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> | ROA |
| 29/06/2026 | <p>Boys: Cricket - Batting - Defensive Shots Front foot - https://www.youtube.com/watch?v=LKNVPTlwBk Back foot - https://www.youtube.com/watch?v=g37IMGT8Dsl</p> <p>Girls – Rounders/Cricket - Strategic & Tactical Play/ Batting - Straight Drive https://www.youtube.com/watch?v=dIjrYzV9a0s&t=8s</p> | ROA |

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| 06/07/2026 | Boys: Cricket - Batting - Pull shot https://www.youtube.com/watch?v=lxV8G8EJt7M Girls: Rounders/Cricket - Rules, Regulations & Scoring Systems – Competitive Game Play/ Bowling - Line & Length | |
| 13/07/2026 | Boys: Cricket - Rules, Regulations & Scoring Systems – Competitive Game Play https://www.youtube.com/watch?v=wHEIT32ZEVs | |
| 20/07/2026 | Girls: Rounders/Cricket – Tournament/Competitive Game Play Rounders - https://www.youtube.com/watch?v=6GklXr0hKaY | |