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|  PE  | **Curriculum Team Vision** |
| At OMA we believe education is for everyone, that all students irrespective of their backgrounds, will be exceptional pupils, so they are equipped with the necessary knowledge, skills, qualifications, and mind-set to contribute positively to society.   Everything we do in the vocational faculty is aimed at providing an ambitious and challenging curriculum which inspires, motivates, and exploits the limitless potential of all our students. This will be achieved by us ‘*being inspired by the past - creating excellence in the present- by embracing the future’.*    Our long-term aim is to produce thinking, adaptable adults capable of taking his / her place in a changing technological society. We strive to create distinctive and dynamic partnerships between students and the world or work, forging active relationship with industry-based external training providers and employers.    The vocational curriculum seeks to promote an educational culture which is scientific, technological, creative, healthy, and entrepreneurial within the framework of the school and national curriculum. In addition, our faculty aims to provide the excellent practical technological, scientific, and holistic communication skills needed by our manufacturing and service industries within the UK and global markets. Thus, ensuring that our students will be well-educated and skilled, ready, and able to progress into employment, further training, or higher education according to their individual aptitudes and ambitions.    The faculty will be truly cross-curricular and will use aspects of many subjects to aid the students when developing innovative ideas and solving problems individually or as a team. The only boundary to making an impact in the future is our ‘*imagination*’ and our ability to ‘*engineer’* the solutions that could affect peoples’ lives. Students arrive and leave our faculty with a sense of wonder in learning…. that they will carry with them for a lifetime.   Department Curriculum Vision: Through shared values and support we will inspire young people to thrive. We will structure our faculty to nurture talent and support individuals, groups and teams to become exceptional, unique, individuals - contributing to today’s modern diverse society. **Key measures:*** *Exploiting the limitless potential of all individuals, irrespective of their social and cultural background.*
* *Striving for excellence and the highest achievement every day, through literacy/ verbal discussion, numeracy and practical skills.*
* *A self-improving learning system – Metacognition….*
* *Creating a sense of wonder in learning…*

**Fitness students will be taught:****Yr.7*** Understand fitness levels- Advantage of high levels of fitness
* Heart rate- Why it increases
* Advantage of lower heart rate
* Different fitness testing
* Understand key muscles in the body
* Understand components of fitness
* Benefits of circuit training
* Correct technique for exercises and the impact of poor technique

**Year 8** * Measure heart rate
* Understand the effect of exercise on the heart rate
* Understand speed and reaction time
* Agility and components of fitness
* Develop understanding of muscular endurance
* What is cardiovascular endurance?
* Understand how components of fitness effect sports performance
* Understand short term effects of exercise
* Understand long term effects of exercise

**Rugby students will be taught:****Year 7** Understand correct tackling* Apply basic ball handling skills
* Understand how to pass the ball and apply the backward pass rule
* Understand a ruck
* Apply basic rules of rugby
* Understand how to do a 3-man scrum
* Understand how to kick the rugby ball

**Year 8** * Rules of the sport- Deeper understanding
* How to tackle safely from a variety of positions.
* How to ruck, counter ruck and maul
* Play all roles in a 3-man scrum
* Perform a variety of kicks in rugby
* Be able to perform a variety of passes

**Basketball students will be taught to:****Year 7** * Passing and moving
* Throwing and catching
* Dribbling
* Shooting – set and jump shot
* Basic basketball rules

**Year 8** * Passing –throwing and catching on the move
* Chest, bounce, overhead and shoulder pass
* Set shot and jump shot
* Lay up
* Sprint and double dodge to get free from and opponent
* 1v1 and 2v1 marking
* Stripping the ball
* Applying basic rules to the game – double dribble, travelling, contact

**In OAA Student will be taught:*** Problem solving skills
* Communication skills
* How to follow a basic map
* Teamwork skills
* Independent skills
* Organisational skills
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| **Where can PE, Sport and Health take you?**<https://careertrend.com/list-5929469-list-physical-education-careers.html> |

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| Subject: PE Curriculum Map 2024-2025 |
| Terms | **Topics covered** and **core knowledge and skills** | Links to careers | Links to the Knowledge organiser and other additional resources |
| Half term 3 | **Rugby (Girls)****Lesson 1 - To understand how to safely tackle when running** LC1- Recap three main coaching points to tackle safely  LC2- Understand what to do when you make a tackle  LC3- Successfully complete a safe tackle**Lesson 2 - To understand a defensive line** LC1- What is a defensive line?LC2- What is offside?LC3- Understand the benefits of a good defensive line**Lesson 3 - 1 hand carry v 2 hand carry**LC1- What are the benefits of a one hand carry?LC2- What are the benefits of a two-hand carry?LC3- What situations best suit certain in game moments?**Lesson 4 - To be able to pass in several ways**LC1- Perform a basic passLC2- Perform a spin passLC3- Perform a pop pass**Lesson 5 - Be able to ruck effectively**LC1- Know all rules of rucking LC2- Understand when to ruck and when to try and offloadLC3- Be able to form an effective ruck**Basketball (Girls)****Lesson 1 -** To be able to perform the basketball skills of passing and receiving with increased control and accuracy.1. To be able to pass and receive the ball using a variety of throws
2. To be able to pass and receive the ball whilst on the move
3. Effectively pass and receive the ball with control whilst under pressure in a game situation

**Lesson 2 -** To be able to dribble the ball with control and accuracy to outwit opponents  1. Dribble with one or alternate hand  with control, using the correct technique
2. Change direction at pace whilst keeping control of the basketball
3. Dribble effectively in a game whilst under pressure, maintaining control

**Lesson 3 -** To be able to use a variety of shooting techniques under pressure   1. Demonstrate correct technique for the set shot
2. Demonstrate correct technique for the set shot
3. To use the sprint and double dodge technique to get free from a defender and shoot
4. Perform the correct shooting technique whilst under pressure in a game.

**Lesson 4 -** To learn and apply the lay -up technique 1. To combine dribbling and shooting using the correct technique for the jump shot
2. Understand how to do a lay -up shot
3. Perform the lay- up shot using the correct technique in practice
4. Understand the two step rule and apply in a game.

**Lesson 5** - To be able to outwit an opponent using attacking skills 1. Dribble with ball maintaining control whilst changing direction at speed
2. Use a fake and drive to be able to outwit an opponent in a 1v1 situation
3. Effectively combine passing and moving with another player to beat a defender
4. Apply skills of 1v1 and 2v1 in a game situation when attacking.

**Lesson 6** - To be able to use defending skills to gain possession of the ball  1. To be able to win the ball legally using the strip technique
2. Apply 2v2 defending techniques effectively in a game.
3. Demonstrate effective rebounding of the ball in a game

**Fitness (Boys)**Lesson 1 Investigate the changes to Heart rate during exercise1) measure and calculate resting heart rate2) describe the changes that happen to HR after exercise3): Explain the changes to heart rate giving reasons why the changes happenLesson 2 Develop knowledge and understanding of speed and why these components of fitness are important in sport. 1)students will understand what speed is 2) link these components of fitness to a sport and understand why these will be beneficial 3) Describe l the components of fitness give reasons why certain sports need these to be successfulLesson 3 Develop knowledge and understanding of reaction time and why these components of fitness are important in sport. 1)students will understand what reaction time is 2) link these components of fitness to a sport and understand why these will be beneficial 3) Describe l the components of fitness give reasons why certain sports need these to be successfulLesson 4 Develop knowledge and understanding of Agility and why this component of fitness is important in sport.1) Understand what agility is 2) Link this component of fitness to a sport and understand why it is beneficial 3) Describe the component of fitness and give reasons why certain sports need this to be successfulLesson 5 Develop knowledge and understanding of muscular endurance and why this component of fitness is important in sport1) Understand what muscular endurance is 2) Link this component of fitness to a sport and understand why it is beneficial 3) Describe the component of fitness and give reasons why certain sports need this to be successfulLesson 6 Develop knowledge and understanding of cardiovascular endurance and why this component of fitness is important in sport1) Understand what cardiovascular endurance is2) Link this component of fitness to a sport and understand why it is beneficial 3) Describe the component of fitness and give reasons why certain sports need this to be successfulLesson 7 Developing an understanding of dance through components of fitness and which ones are used1. Identify what component of fitness dance has
2. To be able to measure heart rate

Lesson 8 - 10 Develop an understanding of testing through components of fitness1. Identify what test tests which component of fitness
2. Demonstrate how to conduct fitness test
3. Compare results to normative data

Lesson 11 – 12 Developing and understanding of components of fitness by creating a circuit and performing the circuit 1. Understand what a circuit training session is
2. Demonstrate the activity at each station correctly
3. Explain the importance of circuit training in relation to components of fitness training.
 | Sports science.PE teacher.Physiotherapist.Professional sportsperson.Sports coach/consultant.Sports policy at local and national level.Diet and fitness instructor.Personal trainer.Unformed servicesLifeguardArmy Swimming instructorWorking overseas <https://careertrend.com/list-5929469-list-physical-education-careers.html><https://www.uksport.gov.uk/jobs-in-sport> <https://jobs.youthsporttrust.org/vacancies.html> |  |
| Half term 4 | **Rugby (Girls continued)****Lesson 6 - To be able to safely counter ruck**LC1- Understand rules of counter rucking.LC2- What is meant by clean out?LC3- Understand two different ways of cleaning out.**Lesson 7 - How to perform a line out**LC1- What are the rules of a line out?LC2- Be able to successfully perform a lineout LC3- What are different tactics from a lineout**Lesson 8 - Be able to successfully make attacking and defensive kicks.**LC1- Be able to perform a punt kickLC2- Be able to perform a grubber kickLC3- Understand when to use different kicks**Lesson 9 - To maul safely**LC1- Understand the rules of maulingLC2- Join a maul as an attackerLC3- Join a maul as a defender**Lesson 10 - Understand scenarios from a scrum**LC1- Understand rules of a scrumLC2- Setting up attacking plans from a scrumLC3- Setting up defensively from a scrum**Lesson 11 - Be able to play a variety of positions in rugby**LC1- Name positions in rugbyLC2- Understand attacking and defensive positions in rugbyLC3- Play a variety of positions during game play**Basketball (Boys)****Lesson 1 -** To be able to perform the basketball skills of passing and receiving with increased control and accuracy.1. To be able to pass and receive the ball using a variety of throws
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