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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…*   **In Athletics students should be taught to:**  Year 7   * **Sprint start technique** * **Basic throwing and jumping techniques** * **Understand how to warm up and cool down** * **Understanding of how to safely carry equipment** * **Demonstrate knowledge of how to pace**   **In Rounders students should be taught to:**  Year 7 -   * **Basic rules when batting – do not drop/throw the bat and run around the outside of the bases. Keep in contact with the post when at the base fielders stand on the inside of the posts when at a base** * **Bowling – underarm. Rules of bowling. What a no ball is** * **Basic scoring half and full rounders** * **Perform underarm and over arm throwing technique** * **Understand the correct technique for batting and begin to hit with the rounders bat with some success**   **In cricket students should be taught to:**  Year 7   * **Key introduction to rules and concepts of cricket** * **Introduction on how to bowl in cricket** * **Key batting techniques in cricket** * **Similarities and differences in fielding with other striking and fielding sports.** | |
| **Where can PE, Sport and Health take you?** | |

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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 5 | **Rounders (Girls)**  **Lesson 1**  LI: To understand how to throw the ball with accuracy and control  Learning Checklist  1)Demonstrate throwing and catching skills  2)Describe when to use underarm and overarm throwing  3)Apply throwing and catching skills to game situations  4)Identify basic rounder’s rules  **Lesson 2**  LI: To understand how to perform the long barrier technique.  Learning Checklist  1)Demonstrate when to use underarm and overarm throw in game situation  2)Recognise and demonstrate the long barrier technique  3)Describe when to use long barrier technique in a game  4)Apply long barrier technique to game situations  **Lesson 3**  LI: To understand how to perform the bowling technique with control and accuracy.  Learning Checklist  1)Pupil led warm-up  2)Demonstrate the correct bowling technique  3)Identify and use the ‘no ball’ rule when bowling  4)Use bowling technique in game situations  **Lesson 4**  LI: To understand how to perform the batting technique with control and accuracy.  Learning Checklist  1)Pupil led warm-up  2)Demonstrate the correct forehand batting technique  3)Identify the importance of positioning the hit  4)Apply batting technique to game situations  **Lesson 5**  LI: To understand the fielders role and responsibility to outwit an opponent.  Learning Checklist  1)Pupil led rounder’s specific warm-up  2)Demonstrate good fielding technique  3)Apply fielding technique to game situations  **Lesson 6**  LI: Apply skills to full game  Learning checklist  1)Describe and explain the importance of a warm-up  2)Peer assess a partner’s rounder’s performance suggesting strengths and areas for improvement.  3) Apply rounder’s knowledge in a game situation  **Cricket (Boys)**  **Lesson 1**  LI- Gain an understanding of the sport Cricket  Learning checklist  LC1- Gain a basic understanding of the rules  LC2- Be able to understand general gameplay  LC3- Be able to inform the group of five rules  **Lesson 2**  LI- How to bowl legally in cricket  Learning checklist  LC1- Hold the ball correctly  LC2- Be able to perform the bowling action from a standing position  L3- Be able to explain key rules off bowling  **Lesson 3**  LI- How to bat correctly in cricket  Learning checklist  LC1- How to hold the bat correctly  LC2- Be able to get into a stance  LC3- Be able to perform a defensive block  **Lesson 4**  LI- Improve fielding in cricket  Learning checklist  LC1- Be able to perform the long barrier  LC2- Be able to throw under or overarm at a target  LC3- Understand how to get the batter out as a fielder  **Lesson 5**  LI- Improve “shot selection” in cricket  Learning checklist  LC1- Identify offside and onside  LC2- Understand the benefits of being able to “choose” where to hit the ball  LC3- Understand how footwork helps with shot selection  **Lesson 6**  LI- Be able to take part in competitive gameplay  Learning checklist  LC1- Identify key rules of cricket  LC2- Understand a game of cricket  LC3- Be able to bat, bowl and field in a competitive situation | PE Teacher  Army  Uniformed services  Sports coaching  Fitness training  Personal Trainer  <https://www.uksport.gov.uk/jobs-in-sport>  <https://jobs.youthsporttrust.org/vacancies.html> |  |
| Half term 5 and 6 | Half term 5 and 6 students will take part in all of the different athletic events – one lesson per week (lesson order is dependant on weather and amount of groups on at the same time).  **Athletics**  Sprint starts  LI: To understand the correct technique for sprint starts  Learning checklist  1) pupils will be able to use the correct technique to sprint  2) pupils will be able to perform the sprint start and are aware of the rules involved when starting,  3) pupils will be able to give each other feedback effectively to improve performance  Sprinting 100m, 200m, 300m and 400m  LI To develop the correct technique for sprinting  Learning Checklist  1)understand correct technique for sprinting in athletics  2) Demonstrate correct sprinting technique and start over a set distance  3) Explain why and how technique will help improve performance  Middle distance running EG 600m, 800m, 1000m, 1500  LI: Perform effective middle distance running technique  Learning Checklist  1)To know efficient technique for middle distance running  2)To demonstrate effective technique over a set distance  3)To understand why technique improves performance  Javelin  LI: Demonstrate and perform the correct javelin technique  Learning checklist  1)To know how to hold a javelin correctly  2) demonstrate the correct technique when performing  3)To understand why the correct technique is important when performing javelin  Relay two lessons. Lesson 1 on astro focussing on change overs. Second lesson on the track  LI: Perform the downsweep action in relay effectively  Learning Checklist  1)Demonstrate effective change over of the baton  2) consistently perform the down sweep action.  3) pupils will be able to exchange the baton quickly and effectively in a race.  High Jump two lessons  LI: To be able to perform a scissor kick/ basic Fosbury flop to clear a low bar  Learning Checklist  1) To understand the rules regarding take off and perform a legal jump.  2) To accurately replicate the technique for an effective scissor kick (fosbury yr 8)  3): To record and analyse the height achieved. To understand the components of fitness involved in high jump  Shot putt  LI: Demonstrate and perform the correct shot putt technique  Learning Checklist  1)To know how to hold a shot putt correctly  2) demonstrate the correct technique when performing  3)To understand why the correct technique is important when performing shot put  Long Jump  LI: To understand the correct long jump technique  Learning Checklist  1)perform taking off from 1 foot and land on 2, to jump for distance  2) pupils will be able to perform the correct technique for long jump.  3) demonstrate the correct technique using a short run up  Triple Jump  LI: To understand the correct triple jump technique  Learning checklist  1)To accurately replicate the technique for an effective triple jump.  2) To understand the rules regarding take off and landing.  3) demonstrate correct technique using a short run up |  |  |
| Term 6 | **Rounders (Boys)**  **Lesson 1**  LI: To understand how to throw the ball with accuracy and control  Learning Checklist  1)Demonstrate throwing and catching skills  2)Describe when to use underarm and overarm throwing  3)Apply throwing and catching skills to game situations  4)Identify basic rounder’s rules  **Lesson 2**  LI: To understand how to perform the long barrier technique.  Learning Checklist  1)Demonstrate when to use underarm and overarm throw in game situation  2)Recognise and demonstrate the long barrier technique  3)Describe when to use long barrier technique in a game  4)Apply long barrier technique to game situations  **Lesson 3**  LI: To understand how to perform the bowling technique with control and accuracy.  Learning Checklist  1)Pupil led warm-up  2)Demonstrate the correct bowling technique  3)Identify and use the ‘no ball’ rule when bowling  4)Use bowling technique in game situations  **Lesson 4**  LI: To understand how to perform the batting technique with control and accuracy.  Learning Checklist  1)Pupil led warm-up  2)Demonstrate the correct forehand batting technique  3)Identify the importance of positioning the hit  4)Apply batting technique to game situations  **Lesson 5**  LI: To understand the fielders role and responsibility to outwit an opponent.  Learning Checklist  1)Pupil led rounder’s specific warm-up  2)Demonstrate good fielding technique  3)Apply fielding technique to game situations  **Lesson 6**  LI: Apply skills to full game  Learning checklist  1)Describe and explain the importance of a warm-up  2)Peer assess a partner’s rounder’s performance suggesting strengths and areas for improvement.  3) Apply rounder’s knowledge in a game situation  **Cricket (Girls)**  **Lesson 1**  LI- Gain an understanding of the sport Cricket  Learning checklist  LC1- Gain a basic understanding of the rules  LC2- Be able to understand general gameplay  LC3- Be able to inform the group of five rules  **Lesson 2**  LI- How to bowl legally in cricket  Learning checklist  LC1- Hold the ball correctly  LC2- Be able to perform the bowling action from a standing position  L3- Be able to explain key rules off bowling  **Lesson 3**  LI- How to bat correctly in cricket  Learning checklist  LC1- How to hold the bat correctly  LC2- Be able to get into a stance  LC3- Be able to perform a defensive block  **Lesson 4**  LI- Improve fielding in cricket  Learning checklist  LC1- Be able to perform the long barrier  LC2- Be able to throw under or overarm at a target  LC3- Understand how to get the batter out as a fielder  **Lesson 5**  LI- Improve “shot selection” in cricket  Learning checklist  LC1- Identify offside and onside  LC2- Understand the benefits of being able to “choose” where to hit the ball  LC3- Understand how footwork helps with shot selection  **Lesson 6**  LI- Be able to take part in competitive gameplay  Learning checklist  LC1- Identify key rules of cricket  LC2- Understand a game of cricket  LC3- Be able to bat, bowl and field in a competitive situation |  |  |