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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 pupils 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

Year 8* **Sprint start technique for effective starts sprinting**
* **Sprinting technique**
* **Basic throwing and jumping techniques to throw and jump for distance**
* **Understand how to warm up and cool down**
* **Understanding of how to safely carry equipment**
* **Demonstrate knowledge of how to pace**

**In Rounders pupils 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

**Year 8 –*** **Understand and recall the basic rules of batting and fielding**
* **Throw and catch with consistent success over short distances**
* **Begin to hit the ball with power**
* **Demonstrate an understanding of where to throw the ball when fielding**
* **Communication skills are demonstrated when fielding**
* **Understand of some of the more complex rules – eg hitting the ball behind, over taking**

**In cricket students will 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.**

**Year 8*** **Be able to bowl with accuracy**
* **Understand why and how we move our feet when batting**
* **Develop shot selection**
* **Improve fielding techniques**
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| **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 5Half term 5 & 6 | **Rounders (Girls)****Lesson 1** LI: To accurately replicate long barrier and use effectively in a gameLearning Checklist1. To develop creative thinking & outwitting opponents with the placement of the ball.
2. To be able to play conditioned game in which they understand and apply basic tactics.
3. To develop communication skills, teamwork through rounder’s game play.

**Lesson 2**LI: To accurately replicate a legal bowling technique.Learning Checklist1. To incorporate spin & disguise into bowling to outwit batter.
2. To understand what makes a legal ball and penalty for 2 no balls.
3. To incorporate bowling, batting, fielding technique into a full game of rounder’s.

**Lesson 3**LI: To develop the ability to hit the ball into space in relation to fielders.Learning Checklist1. To develop the ability to hit the ball into space in relation to fielders.
2. To refine tactical ideas depending on opposition.

To analyse individual strengths and make tactics changes to the batting order/field positions as a result. **Lesson 4**LI: To explore rounder’s positions and the relevant roles at each point.Learning Checklist1. To develop knowledge of backstop to 1st base tactics.
2. To understand the need to change field positioning depending on batters set up. *i.e. left hander.*
3. To develop creative thinking & outwitting opponents during a game.

**Lesson 5**LI: To perform and replicate a combination of skills to outwit opponents in a game situation.Learning Checklist 1. To understand the importance of judgment as a batter in response to fielder’s actions.
2. To make effective evaluations of strength and weaknesses, of self and others’ performance.

**Lesson 6**LI: To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling and fielding techniques.Learning Checklist1. To demonstrate knowledge and understanding of the rules of rounder’s.
2. To demonstrate a variety of tactics based on the opposition.
3. To perform effective communication & teamwork skills.

**Cricket (Boys)****Lesson 1**LI – to recap the rules and develop ball familiarisation and throwing technique Learning checklistLC1 – be able to understand general gameplay LC2 – be able to perform correct technique and have some accuracy when throwing and catching LC3 – be able to perform correct technique and accuracy consistently**Lesson 2**To develop understanding of how to perform the long barrier technique and improve fielding skillsLearning checklistLC1 - can perform the barrier technique LC2 – understand how to get a batter out **Lesson 3**To develop the technique of bowlingLearning checklistLC1 – be able to explain key rules of bowling LC2 – can adapt technique when bowling to outwit opponents LC3 – shows varied bowling techniques depending on opponents weaknesses**Lesson 4**LI – develop batting techniqueLearning checklistLC1 – be able to hit the ball showing correct technique LC2 – perform a defensive blockLC3 – be able to hit the ball consistently and outwit opponents **Lesson 5**LI- Improve “shot selection” in cricketLearning checklistLC1- Identify offside and onsideLC2- Understand the benefits of being able to “choose” where to hit the ballLC3- Understand how footwork helps with shot selection**Lesson 6**LI- Be able to take part in competitive gameplayLearning checklistLC1- Identify key rules of cricketLC2- Understand a game of cricketLC3- Be able to bat, bowl and field in a competitive situation**Athletics (All)**Half term 5 and 6 students will spend 1 lesson a week taking part in all of the different athletic events (lesson order is dependant on weather and amount of groups on at the same time).Sprint startsLI: To understand the correct technique for sprint startsLearning checklist1) 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 performanceSprinting 100m, 200m, 300m and 400m LI To develop the correct technique for sprinting Learning Checklist1)understand correct technique for sprinting in athletics2) Demonstrate correct sprinting technique and start over a set distance3) Explain why and how technique will help improve performanceMiddle distance running EG 600m, 800m, 1000m, 1500LI: Perform effective middle distance running techniqueLearning Checklist1)To know efficient technique for middle distance running2)To demonstrate effective technique over a set distance3)To understand why technique improves performanceJavelinLI: Demonstrate and perform the correct javelin techniqueLearning checklist1)To know how to hold a javelin correctly 2) demonstrate the correct technique when performing3)To understand why the correct technique is important when performing javelinRelay two lessons. Lesson 1 on astro focussing on change overs. Second lesson on the trackLI: Perform the downsweep action in relay effectivelyLearning Checklist1)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 lessonsLI: To be able to perform a scissor kick/ basic Fosbury flop to clear a low barLearning Checklist1) 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 puttLI: Demonstrate and perform the correct shot putt techniqueLearning Checklist1)To know how to hold a shot putt correctly 2) demonstrate the correct technique when performing3)To understand why the correct technique is important when performing shot putLong JumpLI: To understand the correct long jump technique Learning Checklist1)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 upTriple JumpLI: To understand the correct triple jump technique Learning checklist1)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 | PE TeacherArmyUniformed servicesSports coaching Fitness trainingPersonal Trainer <https://www.uksport.gov.uk/jobs-in-sport><https://jobs.youthsporttrust.org/vacancies.html> |  |
| Half term 6 | **Rounders (Boys)****Lesson 1** LI: To accurately replicate long barrier and use effectively in a gameLearning Checklist1. To develop creative thinking & outwitting opponents with the placement of the ball.
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