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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** | |
| **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  Half term 5 & 6 | **Rounders (Girls)**  **Lesson 1**  LI: To accurately replicate long barrier and use effectively in a game  Learning Checklist   1. 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 Checklist   1. 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 Checklist   1. 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 Checklist   1. 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 Checklist   1. 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 checklist  LC1 – 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 skills  Learning checklist  LC1 - can perform the barrier technique  LC2 – understand how to get a batter out  **Lesson 3**  To develop the technique of bowling  Learning checklist  LC1 – 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 technique  Learning checklist  LC1 – be able to hit the ball showing correct technique  LC2 – perform a defensive block  LC3 – be able to hit the ball consistently and outwit opponents  **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  **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 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 | 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 6 | **Rounders (Boys)**  **Lesson 1**  LI: To accurately replicate long barrier and use effectively in a game  Learning Checklist   1. 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 Checklist   1. 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 Checklist   1. 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 Checklist   1. 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 Checklist   1. 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 (Girls)**  **Lesson 1**  LI – to recap the rules and develop ball familiarisation and throwing technique  Learning checklist  LC1 – 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 skills  Learning checklist  LC1 - can perform the barrier technique  LC2 – understand how to get a batter out  **Lesson 3**  To develop the technique of bowling  Learning checklist  LC1 – 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 technique  Learning checklist  LC1 – be able to hit the ball showing correct technique  LC2 – perform a defensive block  LC3 – be able to hit the ball consistently and outwit opponents  **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 |  |  |