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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   **Year 9**   * **Sprint start technique for effective starts sprinting** * **Sprinting technique** * **throwing and jumping techniques to throw and jump for distance using a run up/glide/side step** * **Leading warm up and cool down** * **demonstrate how to safely carry equipment** * **Demonstrate knowledge of how to pace and using it in middle distance running**   **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   Year 9 –   * **Use the long barrier effectively** * **Throw accurately over long and short distance** * **Demonstrate the correct technique for batting and successfully be able to hit the ball** * **Begin to understand batting and fielding tactics** * **Know more complex rules**   **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**   **Year 9**   * **Fielding skills and how to outwit the batter** * **Different types of batting** * **Different types of bowling** * **Different fielding roles (such as wicket keeping)** * **Leadership responsibility.** | |
| **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 understand how to perform the long barrier technique  Learning Checklist   1. Perform the long barrier technique 2. Describe which pass is needed at which time 3. Explain the importance of the long barrier technique in a game situation   **Lesson 2**  LI: To understand how to perform the bowling technique to incorporate spin & disguise into bowling to outwit batter.  Learning Checklist   1. Demonstrate delivery of a warm-up to a group 2. Perform the bowling technique using spin. 3. Evaluate own performance in a game.   **Lesson 3**  LI: To understand how to perform the batting technique with control and accuracy.  Learning Checklist   1. Coach own team through bowling practice 2. Demonstrate the correct forehand batting technique 3. Explain the importance of changing the direction of the batting 4. Evaluate own batting technique with ways to improve.   **Lesson 4**  LI: To understand different roles on the team, and to understand how to position the fielders.  Learning Checklist   1. Demonstrate a warm-up to a group using keywords 2. Describe the importance of different fielding techniques 3. Evaluate team’s performance to put people in correct positions   **Lesson 5**  LI: To understand how to outwit an opponent in a game situation, understanding the importance of judgment as a batter in response to fielders actions.  Learning Checklist   1. Demonstrate different tactics to outwit an opponent 2. Evaluate own tactics and suggest ways to improve 3. Evaluate team’s tactics and suggest ways to improve   **Lesson 6**  LI: Apply skills into full games and demonstrate knowledge of rules  Learning checklist  1) Describe and explain the importance of a warm-up  2) Peer assess a partner’s rounders performance suggesting strengths and areas for improvement.  3) Apply rounders knowledge into a game situation  **Cricket (Boys)**  **Lesson 1**  To understand fielding techniques to outwit the batter  Learning checklist  1) Demonstrate the long barrier technique  2) Demonstrate where to place fielders to outwit the batter  3) Evaluate fielding technique to outwit a batter.  **Lesson 2**  To understand how to perform a defensive shot.  Learning checklist   * 1. Demonstrate defensive shot   2. Evaluate own defensive shot   3. Apply defensive shot to game situations   **Lesson 3**  To understand how to perform an attacking shot  Learning checklist   1. Demonstrate attacking shot 2. Evaluate own attacking shot 3. Apply attacking shot to game situations   **Lesson 4**  To understand how to perform an attacking shot  Learning checklist   1. Demonstrate attacking shot 2. Evaluate own attacking shot 3. Apply attacking shot to game situations   **Lesson 5 & 6**  To understand how to umpire a cricket match  Learning checklist   1. Identify the rules of cricket 2. Demonstrate the correct scoring system for cricket 3. Apply rules and scoring system to a game situation while umpiring   **Athletics (All)**  Half term 5 & 6 students will take part in 1 lesson a week of the different athletic events (lesson order is dependant on weather and amount of groups on at the same time).  Sprint starts  LI: To demonstrate 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, 400m,  LI: To perform the correct technique for sprinting  Learning Checklist  1)To know the correct technique/pace (100, 200)/ commands for sprinting in athletics  2)To be able to Demonstrate correct sprinting technique and start over a set distance  3)To understand why and how technique will help improve performance  Middle distance running 600m, 800m, 1000m, 1500m  LI: Perform effective middle distance running technique  Learning checklist  1) To know efficient technique for middle distance running 800/ 1500m  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) Develop knowledge of throwing a javelin.  2)Understand how to incorporate a run and 3 stride approach.  3)Develop knowledge of the rules of javelin.  Relay  LI: Perform the downsweep action in relay effectively and efficiently.  Learning Checklist  1)demonstrate how to perform the downsweep action  2) perform the legal relay change over in practice and competition  3)To understand the importance of timing the run before changing over  High Jump two lessons  LI: To be able to perform a scissor kick/ basic Fosbury flop to clear the bar  Learning Checklist  1) To understand the rules regarding take off and perform a legal jump.  2a) To accurately replicate the technique for an effective scissor kick clearing different heights  2b) To be able to perform a Fosbury flop to clear differing heights.  3)To be able to demonstrate pace in height clearance.  Shot putt  LI: Demonstrate and perform the correct shot putt technique throwing for distance.  Learning Checklist  1)To know how to use your arms and approach to gain more distance in your shot put throw.  2)To understand why adding an approach and driving arm add distance to a shot throw  3)To increase the distance you can throw a shot put using a spin or side step  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 oracy skills to use the teaching card effectively to provide feedback to partner  4)demonstrate an understanding of measuring out the stride pattern for long jump  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 oracy skills to use the teaching card effectively to provide feedback to partner  4)demonstrate an understanding of measuring out the stride pattern for long jump | 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 understand how to perform the long barrier technique  Learning Checklist   1. Perform the long barrier technique 2. Describe which pass is needed at which time 3. Explain the importance of the long barrier technique in a game situation   **Lesson 2**  LI: To understand how to perform the bowling technique to incorporate spin & disguise into bowling to outwit batter.  Learning Checklist   1. Demonstrate delivery of a warm-up to a group 2. Perform the bowling technique using spin. 3. Evaluate own performance in a game.   **Lesson 3**  LI: To understand how to perform the batting technique with control and accuracy.  Learning Checklist   1. Coach own team through bowling practice 2. Demonstrate the correct forehand batting technique 3. Explain the importance of changing the direction of the batting 4. Evaluate own batting technique with ways to improve.   **Lesson 4**  LI: To understand different roles on the team, and to understand how to position the fielders.  Learning Checklist   1. Demonstrate a warm-up to a group using keywords 2. Describe the importance of different fielding techniques 3. Evaluate team’s performance to put people in correct positions   **Lesson 5**  LI: To understand how to outwit an opponent in a game situation, understanding the importance of judgment as a batter in response to fielders actions.  Learning Checklist   1. Demonstrate different tactics to outwit an opponent 2. Evaluate own tactics and suggest ways to improve 3. Evaluate team’s tactics and suggest ways to improve   **Lesson 6**  LI: Apply skills into full games and demonstrate knowledge of rules  Learning checklist  1) Describe and explain the importance of a warm-up  2) Peer assess a partner’s rounders performance suggesting strengths and areas for improvement.  3) Apply rounders knowledge into a game situation  **Cricket (Girls)**  **Lesson 1**  To understand fielding techniques to outwit the batter  Learning checklist  1) Demonstrate the long barrier technique  2) Demonstrate where to place fielders to outwit the batter  3) Evaluate fielding technique to outwit a batter.  **Lesson 2**  To understand how to perform a defensive shot.  Learning checklist   * 1. Demonstrate defensive shot   2. Evaluate own defensive shot   3. Apply defensive shot to game situations   **Lesson 3**  To understand how to perform an attacking shot  Learning checklist   1. Demonstrate attacking shot 2. Evaluate own attacking shot 3. Apply attacking shot to game situations   **Lesson 4**  To understand how to perform an attacking shot  Learning checklist   1. Demonstrate attacking shot 2. Evaluate own attacking shot 3. Apply attacking shot to game situations   **Lesson 5 & 6**  To understand how to umpire a cricket match  Learning checklist   1. Identify the rules of cricket 2. Demonstrate the correct scoring system for cricket 3. Apply rules and scoring system to a game situation while umpiring |  |  |