

PE	Curriculum Team Vision
<p>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.</p> <p>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 <i>'being inspired by the past - creating excellence in the present- by embracing the future'</i>.</p> <p>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.</p> <p>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.</p> <p>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 <i>'imagination'</i> and our ability to <i>'engineer'</i> 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.</p> <p>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.</p> <p>Key measures:</p> <ul style="list-style-type: none"> ✓ <i>Exploiting the limitless potential of all individuals, irrespective of their social and cultural background.</i> ✓ <i>Striving for excellence and the highest achievement every day, through literacy/ verbal discussion, numeracy and practical skills.</i> ✓ <i>A self-improving learning system – Metacognition....</i> ✓ <i>Creating a sense of wonder in learning...</i> <p>In basic sports skills students will be taught to:</p> <ul style="list-style-type: none"> • How to prevent an object touching the floor • Passing – underarm and overarm • How to move into space • How to hit a target • How do to move with an object • How to stay in contact with an object <p>In Netball students will be taught to:</p> <ul style="list-style-type: none"> • Basic ball handling skills – throwing and catching – chest, bounce and overhead pass proficiently • Footwork and pivoting. Which foot can move and which foot stays still. • Basic Shooting technique from above the head and from a preferred side 	

- Introduction to dodging – sprint and double dodge
- Introduction of basic rules; footwork, contact, offside
- Knowledge of positions on the court – can play at least 2 by the end of the unit

In Hockey students will be taught to:

- Perform the correct grip
- Learn how to dribble with the ball
- Learn how to pass and receive the ball
- Learn how to outwit an opponent
- Perform tackling correctly
- Perform shooting
- Knowledge of the basic rules of the game

Where can PE, Sport and Health take you?

- <https://careertrend.com/list-5929469-list-physical-education-careers.html>

Subject: PE Curriculum Map 2025-2026

Terms	Topics covered and core knowledge and skills	Links to careers	Links to the Knowledge organiser and other additional resources
Half term 1	<p><u>Introduction to hand-eye coordination for sports skills</u></p> <p><u>Lesson 1&2 –</u> How do we prevent an object from touching the ground?</p> <p><u>Lesson 3&4</u> How do you throw an object under control over a short</p> <p><u>Lesson 5&6</u> How do you throw an object under control over a long</p> <p><u>Lesson 7&8</u> How do we move whilst staying in contact with a ball?</p> <p><u>Lesson 9&10</u> How do we throw and catch using both hands in different directions?</p> <p><u>Lesson 11 & 12</u></p>	<p>Sports science. PE teacher. Physiotherapist. Professional sportsperson. Sports coach/consultant. Sports policy at local and national level. Diet and fitness instructor. Personal trainer. Uniformed services Lifeguard Army Swimming instructor Working overseas</p> <p>nd.com/list-5929469-list-</p>	

	<p>How do you become successful in hitting a target when throwing?</p> <p><u>Lesson 13&14</u></p> <p>How do you move with an object on the spot?</p>	<p>physical-education-careers.html</p> <p>https://www.ukssport.gov.uk/jobs-in-sport</p> <p>https://jobs.youthsporttrust.org/vacancies.html</p>	
Half term 2	<p><u>Introduction to Netball</u></p> <p>LESSON 1</p> <p>To perform fundamental netball passing and handling skills</p> <p>Identify the different types of netball passes, describe and demonstrate how to perform the chest, overarm, bounce and shoulder pass.</p> <p>Demonstrate the footwork rule and describe what happens if it is broken.</p> <p>LESSON 2</p> <p>To be able to move and create space using the sprint and double dodge.</p> <p>To be able to perform the sprint dodge and double dodge to be able to create space to receive a pass.</p> <p>Apply the correct dodge at the correct time in game situations</p> <p>LESSON 3</p> <p>Develop strategies to outwit an opponent in Netball</p> <p>To be able to mark an opponent effectively in the game.</p> <p>To be able to use the dodges successfully to create space and win the ball by outwitting your opponent.</p> <p>To be able to identify the basic rules when marking an opponent; no contact and 1 metre away</p> <p>LESSON 4</p> <p>To develop their understanding and knowledge of where on the court shooting can take place.</p> <p>To accurately replicate the technique for a correct shooting action.</p> <p>Demonstrate the correct shooting technique from different positions</p> <p>Explain where and who can shoot in netball</p> <p>Apply shooting to technique to game situations</p> <p>LESSON 5</p>		

	<p>To demonstrate knowledge of positions on court and to use tactics to outwit an opponent. Understand how to mark to an opponent Demonstrate markings skills with opponent with and without the ball. Explain where each position is allowed on court Apply marking skills to game situations</p> <p>LESSON 6 To demonstrate skills and knowledge of passing, moving and basic rules in a 7v7 game. Apply knowledge of skills to a full game Demonstrate knowledge of 2-3 positions and the role on court.</p> <p><u>Introduction to Hockey</u></p> <p><u>Lesson 1</u> - To be able to accurately replicate the correct hockey stick grip. To be able to dribble with the ball under control 1. Demonstrate the correct grip of the hockey stick 2. Demonstrate the dribbling technique in a straight line 3. Apply the dribbling technique while under pressure</p> <p><u>Lesson 2</u> - To understand how to pass and receive the ball. 1. Demonstrate the correct passing technique for the push pass 2. Apply the push pass technique while on the move 3. Demonstrate passing skills within a game situation</p> <p><u>Lesson 3</u> - To understand how to outwit an opponent using passing and receiving skills to create scoring opportunities Demonstrate how to outwit opponents using passing and receiving technique Understand the importance of width in order to attack. Apply ideas and concepts of attacking play in game situations</p> <p><u>Lesson 4</u> - To understand how to shoot correctly & safely. Demonstrate the shooting technique. Apply shooting technique to aim for specific targets on the goal Apply shooting technique to game situations considering rules of shooting</p> <p><u>Lesson 5</u> - To understand how to perform block tackle technique Demonstrate the block tackle technique</p>		
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	<p>Recognise how the tackle technique will change depending on weak and strong side of stick</p> <p>Apply block tackle to game situations</p> <p><u>Lesson 6 – To understand how to use all skills learnt in a game situation</u></p> <p>Demonstrate the ability to outwit an opponent in a game situation using own technique</p> <p>Apply the basic rules of hockey to game situations</p> <p>Evaluate own hockey performance with strengths and areas for improvement</p>		
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