

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>Netball students will be taught to:</p> <p>Year 7</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 <p>YEAR 8:</p> <ul style="list-style-type: none"> • Basic ball handling skills – throwing and catching –use a variety of passes proficiently • Footwork • Shooting technique from a preferred side 	

- Developing dodging – sprint and double dodge and introducing the sprint dodge
- Recap of basic rules; footwork, contact, offside
- Knowledge of positions on the court – can play at least 5 by the end of the unit

Fitness students will be taught:

Yr.7

- Understand fitness levels- Advantage of high levels of fitness
- Heart rate- Why it increases
- Advantage of lower heart rate
- Different fitness testing
- Understand key muscles in the body
- Understand components of fitness
- Benefits of circuit training
- Correct technique for exercises and the impact of poor technique

Year 8

- Measure heart rate
- Understand the effect of exercise on the heart rate
- Understand speed and reaction time
- Agility and components of fitness
- Develop understanding of muscular endurance
- What is cardiovascular endurance?
- Understand how components of fitness effect sports performance
- Understand short term effects of exercise
- Understand long term effects of exercise

Rugby students will be taught:

Year 7 Understand correct tackling

- Apply basic ball handling skills
- Understand how to pass the ball and apply the backward pass rule
- Understand a ruck
- Apply basic rules of rugby
- Understand how to do a 3-man scrum
- Understand how to kick the rugby ball

Year 8

- Rules of the sport- Deeper understanding
- How to tackle safely from a variety of positions.
- How to ruck, counter ruck and maul
- Play all roles in a 3-man scrum
- Perform a variety of kicks in rugby
- Be able to perform a variety of passes

<p>In Hockey students will be taught to:</p> <ul style="list-style-type: none"> • 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
<p>Where can PE, Sport and Health take you? https://careertrend.com/list-5929469-list-physical-education-careers.html</p>

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>Netball (Girls)</u></p> <p>LESSON 1 Demonstrate the correct footwork using control and accuracy when passing the ball To pass and receive a variety of throws. Show control when passing and catching the ball Demonstrate the correct footwork technique when receiving the ball. Demonstrate passing and catching the ball in different game situations.</p> <p>LESSON 2 To be able to move into space to receive a pass</p>	Sports science. PE teacher. Physiotherapist. Professional sportsperson. Sports coach/consultant. Sports policy at local and national level. Diet and fitness instructor. Personal trainer. Unarmed services Lifeguard Army	

	<p>Use a variety of passes that they can perform to beat their opponent. Demonstrate getting free from opponent to receive the pass Use the dodges effectively in game situations</p> <p>LESSON 3 To use dodging techniques to get free from an opponent to receive a pass Use a variety of passes that they can perform to beat their opponent. Demonstrate getting free from opponent using the sprint dodge to receive and catch a pass. Demonstrate getting free from opponent using the double dodge to receive and catch a pass. Use the dodges effectively in game situations</p> <p>LESSON 4 To understand how to perform the shooting action with accuracy and control. Attempt to use the correct shooting technique at goal. Accurately replicate the technique for a correct shooting action under pressure Select tactics to outwit a defender when shooting at the goalpost and to evaluate pupils shooting technique and suggest ways to improve.</p> <p>LESSON 5 Know how to use marking and defending successfully within a game situation. Use defending skills to be able to mark an opponent and intercept any passes sent towards them Apply defending principles when devising game plans Describe the rules and begin to umpire a game of netball.</p> <p>LESSON 6 To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. Demonstrate understanding of the basic rules in netball. To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in Netball. Demonstrate confident umpiring in game situations</p>	<p>Swimming instructor Working overseas</p> <p>https://careertrend.com/list-5929469-list-physical-education-careers.html</p> <p>https://www.uksport.gov.uk/jobs-in-sport</p> <p>https://jobs.youthsporttrust.org/vacancies.html</p>	
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	<p><u>Introduction to Hockey (Girls)</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</p> <ol style="list-style-type: none"> 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><u>Lesson 2</u> - To understand how to pass and receive the ball.</p> <ol style="list-style-type: none"> 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><u>Lesson 3</u> - To understand how to outwit an opponent using passing and receiving skills to create scoring opportunities</p> <p>Demonstrate how to outwit opponents using passing and receiving technique</p> <p>Understand the importance of width in order to attack.</p> <p>Apply ideas and concepts of attacking play in game situations</p> <p><u>Lesson 4</u> - To understand how to shoot correctly & safely.</p> <p>Demonstrate the shooting technique.</p> <p>Apply shooting technique to aim for specific targets on the goal</p> <p>Apply shooting technique to game situations considering rules of shooting</p> <p><u>Lesson 5</u> - To understand how to perform block tackle technique</p> <p>Demonstrate the block tackle technique</p> <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</u> – To understand how to use all skills learnt in a game situation</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> <p><u>Rugby (Boys)</u></p> <p><u>Lesson 1</u> - To understand how to safely tackle when running</p>		
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	<p>LC1- Recap three main coaching points to tackle safely LC2- Understand what to do when you make a tackle LC3- Successfully complete a safe tackle</p> <p><u>Lesson 2 - To understand a defensive line</u> LC1- What is a defensive line? LC2- What is offside? LC3- Understand the benefits of a good defensive line</p> <p><u>Lesson 3 - 1 hand carry v 2 hand carry</u> LC1- What are the benefits of a one hand carry? LC2- What are the benefits of a two-hand carry? LC3- What situations best suit certain in game moments?</p> <p><u>Lesson 4 - To be able to pass in several ways</u> LC1- Perform a basic pass LC2- Perform a spin pass LC3- Perform a pop pass</p> <p><u>Lesson 5 - Be able to ruck effectively</u> LC1- Know all rules of rucking LC2- Understand when to ruck and when to try and offload LC3- Be able to form an effective ruck</p> <p><u>Lesson 6 - To be able to safely counter ruck</u> LC1- Understand rules of counter rucking. LC2- What is meant by clean out? LC3- Understand two different ways of cleaning out.</p> <p><u>Lesson 7 - How to perform a line out</u> LC1- What are the rules of a line out? LC2- Be able to successfully perform a lineout LC3- What are different tactics from a lineout</p> <p><u>Lesson 8 - Be able to successfully make attacking and defensive kicks.</u> LC1- Be able to perform a punt kick LC2- Be able to perform a grubber kick LC3- Understand when to use different kicks</p>		
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	<p><u>Lesson 9 - To maul safely</u> LC1- Understand the rules of mauling LC2- Join a maul as an attacker LC3- Join a maul as a defender</p> <p><u>Lesson 10 - Understand scenarios from a scrum</u> LC1- Understand rules of a scrum LC2- Setting up attacking plans from a scrum LC3- Setting up defensively from a scrum</p> <p><u>Lesson 11 - Be able to play a variety of positions in rugby</u> LC1- Name positions in rugby LC2- Understand attacking and defensive positions in rugby LC3- Play a variety of positions during game play</p>		
Half term 2	<p>Fitness (Girls) Lesson 1 Investigate the changes to Heart rate during exercise 1) measure and calculate resting heart rate 2) describe the changes that happen to HR after exercise 3): Explain the changes to heart rate giving reasons why the changes happen</p> <p>Lesson 2 Develop knowledge and understanding of speed and why these components of fitness are important in sport. 1)students will understand what speed is 2) link these components of fitness to a sport and understand why these will be beneficial 3) Describe the components of fitness give reasons why certain sports need these to be successful</p> <p>Lesson 3 Develop knowledge and understanding of reaction time and why these components of fitness are important in sport. 1)students will understand what reaction time is 2) link these components of fitness to a sport and understand why these will be beneficial 3) Describe the components of fitness give reasons why certain sports need these to be successful</p> <p>Lesson 4 Develop knowledge and understanding of Agility and why this component of fitness is important in sport. 1) Understand what agility is 2) Link this component of fitness to a sport and understand why it is beneficial 3) Describe the component of fitness and give reasons why certain sports need this to be successful</p>		

	<p>Lesson 5 Develop knowledge and understanding of muscular endurance and why this component of fitness is important in sport</p> <ol style="list-style-type: none"> 1) Understand what muscular endurance is 2) Link this component of fitness to a sport and understand why it is beneficial 3) Describe the component of fitness and give reasons why certain sports need this to be successful <p>Lesson 6 Develop knowledge and understanding of cardiovascular endurance and why this component of fitness is important in sport</p> <ol style="list-style-type: none"> 1) Understand what cardiovascular endurance is 2) Link this component of fitness to a sport and understand why it is beneficial 3) Describe the component of fitness and give reasons why certain sports need this to be successful <p>Lesson 7 Developing an understanding of dance through components of fitness and which ones are used</p> <ol style="list-style-type: none"> 1) Identify what component of fitness dance has 2) To be able to measure heart rate <p>Lesson 8 - 10 Develop an understanding of testing through components of fitness</p> <ol style="list-style-type: none"> 1) Identify what test tests which component of fitness 2) Demonstrate how to conduct fitness test 3) Compare results to normative data <p>Lesson 11 – 12 Developing and understanding of components of fitness by creating a circuit and performing the circuit</p> <ol style="list-style-type: none"> 1) Understand what a circuit training session is 2) Demonstrate the activity at each station correctly 3) Explain the importance of circuit training in relation to components of fitness training. <p><u>Netball (Boys)</u></p> <p>LESSON 1</p> <p>Demonstrate the correct footwork using control and accuracy when passing the ball</p> <p>To pass and receive a variety of throws.</p> <p>Show control when passing and catching the ball</p> <p>Demonstrate the correct footwork technique when receiving the ball.</p> <p>Demonstrate passing and catching the ball in different game situations.</p> <p>LESSON 2</p>		
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Introduction to Hockey (Boys)

Lesson 1 - 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

Lesson 2 - To understand how to pass and receive the ball.

2. Demonstrate the correct passing technique for the push pass
3. Apply the push pass technique while on the move
4. Demonstrate passing skills within a game situation

Lesson 3 - 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

Lesson 4 - 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

Lesson 5 - To understand how to perform block tackle technique

Demonstrate the block tackle technique

Recognise how the tackle technique will change depending on weak and strong side of stick

Apply block tackle to game situations

Lesson 6 – To understand how to use all skills learnt in a game situation

Demonstrate the ability to outwit an opponent in a game situation using own technique

Apply the basic rules of hockey to game situations

Evaluate own hockey performance with strengths and areas for improvement

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