

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>Basketball students will be taught to:</p> <p>Year 7</p> <ul style="list-style-type: none"> • Passing and moving • Throwing and catching • Dribbling • Shooting – set and jump shot • Basic basketball rules <p>Year 8</p> <ul style="list-style-type: none"> • Passing –throwing and catching on the move • Chest, bounce, overhead and shoulder pass • Set shot and jump shot 	

- Lay up
- Sprint and double dodge to get free from and opponent
- 1v1 and 2v1 marking
- Stripping the ball
- Applying basic rules to the game – double dribble, travelling, contact

Year 9

- Passing and receiving the ball on the move using both hands applying the two step rule
- Dribbling with control and accuracy progressing to using the non dominant hand
- Effective rebounding and interception to perform a quick break demonstrated in practice and in games
- Attacking and defending strategies 1v1, 2v1, 2v2
- Shooting jump shot, set shot lay up
- Knowledge of the rules

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

Rugby students will be taught to:

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

Year 9

- Rules of the sport- become familiar with a wide range of rules building on the basic understanding.
- How to tackle safely from a variety of positions.
- How to attack and defend from rucks and mauls
- Implement a variety of tactics from scrums.
- Perform a variety of kicks effectively in rugby
- Be able to perform a variety of passes
- Understand the use of dummies in rugby
- Be able to lead a tactical play from a variety of positions

Fitness students will be taught to:

Year 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

Year 9

- Understand training methods
- Link training methods to components of fitness
- Describe how components of fitness impact on sport
- What is muscular endurance?
- What is muscular strength?
- Be able to test accurately, and ensure fitness tests are reliable
- Understand key muscles and how they impact certain sports
- Identify muscular injuries
- Understand how to improve your own fitness.

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>Basketball (Girls)</u></p> <p>Lesson 1 Perform ball handling skills with accuracy and control</p> <ol style="list-style-type: none"> 1. Dribble using the correct technique with control while changing direction 2. Combine a variety of passing techniques and dribbling 3. Pass and dribble the ball with accuracy and control whilst under pressure in a game. <p>Lesson 2- To shoot effectively In the game using a variety of techniques whilst under pressure</p> <ol style="list-style-type: none"> 1. To use the set shot and jump shot whilst under pressure from a defender 2. Demonstrate the Lay- up technique used in Basketball with the two step rule 3. Demonstrate the correct technique using the lay up whilst under pressure from a defender. <p>Lesson 3- To rebound the ball effectively to gain possession to attack</p> <ol style="list-style-type: none"> 1. Shoot using a variety of techniques with control and accuracy 2. Understand what rebounding is and how It is used 3. Demonstrate effective rebounding to gain possession of the ball <p>Lesson 4 - Demonstrate effective Dribbling using non-dominant hands</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>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>	

	<ol style="list-style-type: none"> 1. To dribble the ball with speed and control using the dominant hand 2. To dribble the ball with speed and control using alternate hands 3. To dribble the ball with the non dominant hand with control 4. Use the non dominant hand to dribble with ball with control in a game <p>Lesson 5 - To understand and know how defence can start an attack from rebounding and interception</p> <ol style="list-style-type: none"> 1. Demonstrate effective rebounding of the ball to gain possession 2. To know how to perform a fast break, from winning a rebound 3. To be able to intercept the ball effectively and perform a fast break <p>Lesson 6 - To apply attack and defence strategies in the game</p> <ol style="list-style-type: none"> 1. To be able to attack and defend in 1v1 situations using the fake and drive 2. Demonstrate effective quick breaks from an interception or rebound 3. Demonstrate knowledge and understanding of the rules in a game <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>		
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	<p><u>Lesson 4 - To understand how to shoot correctly & safely.</u> 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 - To understand how to perform block tackle technique</u> 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</p> <p><u>Lesson 6 – To understand how to use all skills learnt in a game situation</u> 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</p> <p><u>Rugby (Boys)</u></p> <p><u>Lesson 1 - To understand how to safely tackle when running</u> 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>		
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	<p><u>Lesson 5 - Be able to ruck effectively</u></p> <p>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></p> <p>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></p> <p>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></p> <p>LC1- Be able to perform a punt kick LC2- Be able to perform a grubber kick LC3- Understand when to use different kicks</p> <p><u>Lesson 9 - To maul safely</u></p> <p>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></p> <p>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></p> <p>LC1- Name positions in rugby LC2- Understand attacking and defensive positions in rugby LC3- Play a variety of positions during game play</p>		
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<p>Half term 2</p>	<p>Fitness (Girls)</p> <p>Lesson 1- Explain why fitness testing is important and Conduct fitness tests, perform, accurately recording results (Indoor) Explain why fitness testing is important Be able to conduct the tests ensuring the results are valid and reliable Record results accurately and analyse the results</p> <p>Lesson 2- Explain why fitness testing is important and Conduct fitness tests, perform, accurately recording results (outdoor) Explain why fitness testing is important Be able to conduct the tests ensuring the results are valid and reliable Record results accurately and analyse the results</p> <p>Lesson 3- Develop knowledge and understanding of training methods for developing cardiovascular endurance Describe cardiovascular endurance and how it affects people taking part in sports. Demonstrate an understanding of the training methods used to develop cardiovascular endurance Link each training method to specific sports and understand why these would improve an athlete's performance</p> <p>Lesson 4- Develop knowledge and understanding of training methods for developing speed and agility. Describe how speed and agility affects people taking part in sports. Explain the methods used to develop speed and agility. Link each training method to specific sports and understand why these would improve an athlete's performance</p>		
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	<p>Lesson 5- Develop knowledge and understanding of training methods for flexibility Describe how flexibility affects people taking part in sports. Explain the methods used to develop flexibility Link each training method to specific sports and understand why these would improve an athlete's performance</p> <p>Lesson 6- Develop knowledge and understanding of training methods for developing power Describe how power affects people taking part in sports. Explain the methods used to develop power Link each training method to specific sports and understand why these would improve an athlete's performance</p> <p>Lesson 7- Develop knowledge and understanding of training methods for developing muscular strength and muscular endurance Describe how muscular strength and muscular endurance affects people taking part in sports. Explain the methods used to develop muscular endurance and muscular strength. Link each training method to specific sports and understand why these would improve an athlete's performance</p> <p>Lesson 8 & Lesson 9 - To understand how to plan and deliver own fitness sessions Identify stations using Demonstrate the correct technique for each station Evaluate another group's fitness session with strengths and areas for improvement</p> <p>Lesson 10 – 12 - To understand how to evaluate another group's session Demonstrate own fitness session Explain what parts of fitness you are developing in your own session Evaluate another group's session with strengths and areas for improvement</p>		
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	<p><u>Basketball (Boys)</u></p> <p>Lesson 1 Perform ball handling skills with accuracy and control</p> <ol style="list-style-type: none"> 4. Dribble using the correct technique with control while changing direction 5. Combine a variety of passing techniques and dribbling 6. Pass and dribble the ball with accuracy and control whilst under pressure in a game. <p>Lesson 2- To shoot effectively In the game using a variety of techniques whilst under pressure</p> <ol style="list-style-type: none"> 4. To use the set shot and jump shot whilst under pressure from a defender 5. Demonstrate the Lay- up technique used in Basketball with the two step rule 6. Demonstrate the correct technique using the lay up whilst under pressure from a defender. <p>Lesson 3- To rebound the ball effectively to gain possession to attack</p> <ol style="list-style-type: none"> 4. Shoot using a variety of techniques with control and accuracy 5. Understand what rebounding is and how It is used 6. Demonstrate effective rebounding to gain possession of the ball <p>Lesson 4 - Demonstrate effective Dribbling using non-dominant hands</p> <ol style="list-style-type: none"> 5. To dribble the ball with speed and control using the dominant hand 6. To dribble the ball with speed and control using alternate hands 7. To dribble the ball with the non dominant hand with control 8. Use the non dominant hand to dribble with ball with control in a game <p>Lesson 5 - To understand and know how defence can start an attack from rebounding and interception</p> <ol style="list-style-type: none"> 4. Demonstrate effective rebounding of the ball to gain possession 5. To know how to perform a fast break, from winning a rebound 6. To be able to intercept the ball effectively and perform a fast break 		
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	<p>Lesson 6 - To apply attack and defence strategies in the game</p> <ol style="list-style-type: none"> To be able to attack and defend in 1v1 situations using the fake and drive Demonstrate effective quick breaks from an interception or rebound Demonstrate knowledge and understanding of the rules in a game <p><u>Introduction to Hockey (Boys)</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"> Demonstrate the correct grip of the hockey stick Demonstrate the dribbling technique in a straight line 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"> Demonstrate the correct passing technique for the push pass Apply the push pass technique while on the move 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>		
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	<u>Lesson 6</u> – 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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