

PHYSICAL EDUCATION



ALDER
Community High School

YEAR 8

STUDENTS TAKE PART IN DIFFERENT BLOCKS ON A CAROUSEL THROUGHOUT THE ACADEMIC YEAR

PE NATIONAL CURRICULUM	<p>Common themes that run through each block in line with the National Curriculum:</p> <ul style="list-style-type: none">• Motor Competence• Rules, strategies, and tactics• Healthy Participation
ASSESSMENT	<p>Students are assessed using the holistic HEAD/ HEART/ HANDS model:</p> <ul style="list-style-type: none">• HEAD: Rules, strategies, and tactics• HEART: Alder values• HANDS: Motor competence
Declarative Knowledge	<ul style="list-style-type: none">• Students should understand the technical teaching points of certain skills in a variety of sports/ activities and be able to refine them• Students will understand the more advanced rules of different sports/ activities• Students should know how they conduct themselves safely and how to prepare themselves when participating in different sports/ activities• Students should be aware of the fitness requirements for that sport/ activity e.g. speed, power, flexibility and how they affect performance• Students will be able to apply more advanced strategies and tactics to different sports and activities



Knowledge				Key Vocabulary
Block	Motor Competence	Rules	Strategies and tactics	
Basketball	<ul style="list-style-type: none"> • Passing - <i>How to hold the ball, stance, body position</i> • Dribbling – <i>hands and head position</i> • Shooting – <i>beef, place ball in square, correct footwork</i> • Footwork – <i>one foot anchored</i> • Triple threat position – <i>ball at hip, eyes looking, wide stance</i> • How to move to create space <p>Use the skills and techniques effectively in more pressurised situations and less isolation</p>	<ul style="list-style-type: none"> • How to start game • How to restart game • How to dribble – <i>travelling and double dribble</i> • How many players on court? • Points system – 2 points and 3 points • Personal and team fouls 	<ul style="list-style-type: none"> • Man to man defence • Zonal marking • Marking off the ball • Fast break • How to use different passes in different situations 	Body positioning Service angle Flight of shuttle Angles of shot Forehand Backhand Smash Overhead Drop shot Tactics Game plan Officiating Umpiring Adjustments Variations Anticipation
Football	<ul style="list-style-type: none"> • Passing – <i>stance, contact with ball, arms, head</i> 	<ul style="list-style-type: none"> • How to start game • How to restart game 	<ul style="list-style-type: none"> • Play in either attack, midfield, defence • More defensive formation • More attacking formation 	Attack Defence



	<ul style="list-style-type: none"> • Dribbling – <i>stance, contact with ball, speed, arms, head, opposition, different turn and tricks</i> • Shooting – <i>contact with ball, non-kicking foot, arms, body position</i> • Control – <i>contact with ball, body position</i> • Heading – <i>contact with ball, arms, body position</i> • Tackling – <i>contact with ball, body shape, side of foot</i> • Spatial awareness – <i>losing defender, running into free space</i> <p>Use the skills and techniques effectively in more pressurised situations and less isolation</p>	<ul style="list-style-type: none"> • How to perform throw in • How many players on the pitch? • How to score a goal • Offside rule • Rules of tackling 	<ul style="list-style-type: none"> • Strategies for set pieces • Ideas that will improve team based on previous performance 	Pressing Formation Finding and using space Changing speed Marking Covering Delaying Moving feet Switch Man on Lofted pass Cross Shape Formation Laces Watching the ball Following through
Badminton/ Table Tennis & Pickleball	<ul style="list-style-type: none"> • Serves – <i>stance, grip, racket position, contact with shuttle</i> • Clears – <i>stance, grip, racket position, non-racket arm, contact point with shuttle</i> 	<ul style="list-style-type: none"> • How to serve • Who serves? • <i>Ins and outs</i> for singles 	<ul style="list-style-type: none"> • Move opponents around the court • Play object more to backhand 	Body positioning Service angle Flight of shuttle



	<ul style="list-style-type: none"> • Net shot – <i>stance, grip, racket position, contact with shuttle</i> • Drop shot – <i>stance, grip, racket position, non-racket arm, contact point with shuttle</i> • Smash – <i>stance, grip, racket position, non-racket arm, contact with shuttle</i> • Court position – <i>returning to the T after every shot in singles</i> <p>Use the skills and techniques effectively in more pressurised situations and less isolation</p>	<ul style="list-style-type: none"> • Points system • <i>Ins and outs</i> for doubles 	<ul style="list-style-type: none"> • Hit object into open space on court • Basic formation for doubles • Play object to opponents' weakness 	<p>Angles of shot</p> <p>Forehand</p> <p>Backhand</p> <p>Smash</p> <p>Overhead</p> <p>Drop shot</p> <p>Tactics</p> <p>Game plan</p> <p>Officiating</p> <p>Umpiring</p> <p>Adjustments</p> <p>Variations</p> <p>Anticipation</p>
Trampolining	<ul style="list-style-type: none"> • Safety – <i>spotting, stay in centre, on and off the trampoline</i> • Bouncing – <i>arms for balance, head up split foot land & ankles together in air, stay on cross, stop safely</i> • Shapes – <i>tuck, pike, straddle, body tension and flexibility</i> • Twists – <i>Half twist, full twist, body position</i> • Landings – <i>seat, front, back linking in different entries and exits from landing</i> • Rotation – front and back 	<ul style="list-style-type: none"> • 3 bounces before routine • Higher complexity of skill = higher marks • More complex routine = higher marks 	<ul style="list-style-type: none"> • Link components that flow together • Pick components that retain height • Pick components that you can execute well • Select more complex skills to gain more marks 	<p>Aesthetics</p> <p>Flight</p> <p>Tuck</p> <p>Straddle</p> <p>Pike</p> <p>Seat Drop</p>



	<ul style="list-style-type: none"> Routines – 6 to 8 <i>bounce routines incorporating the different components showing more height, control and fluency</i> <p>Use the skills and techniques more effectively in longer routines (6-8 bounce) including different entries and exits from different skills.</p>	<ul style="list-style-type: none"> Greater body tension and flexibility = higher marks Landing on the cross = higher marks 		<p>Front Drop</p> <p>Back Drop</p> <p>Swivel Hips</p> <p>½ Twist</p> <p>Full Twist</p> <p>Tension</p> <p>Extension</p> <p>Landings</p> <p>Spotting balance</p> <p>Routine</p>
Rugby	<ul style="list-style-type: none"> Passing the ball – <i>hand position, body position, swing across body, aim for teammates chest, miss pass, switch pass</i> Running with the ball – <i>how to hold ball, sidesteps, dummy steps, speed</i> Catching the ball – <i>eyes on ball, W position with both hands, secure to chest, hold ball with two hands</i> Contact and ripping – <i>head to one side, arms wide, wrap around opponent, fall on side, rip away from opponent towards your team</i> Tackling from front – <i>low position, target thighs, make contact with shoulder, wrap arms around, pull opponent to one side and fall on top</i> 	<ul style="list-style-type: none"> Passing – no forward passes Tackling – below shoulder How to restart play – from try, side-lines, penalty How to score a try Points system – 5 points for try 	<ul style="list-style-type: none"> When to run or pass Where to run or pass What type of pass to use? Positions of players on the team When to kick 	<p>Attack</p> <p>Defence</p> <p>Pressing</p> <p>Formation</p> <p>Finding and using space</p> <p>Changing speed</p> <p>Play the ball</p> <p>Delaying</p> <p>Anticipation</p>



	<ul style="list-style-type: none"> Presenting the ball when tackled Ruck – <i>body position, present ball towards team, protect player on floor</i> Kicking – body position, contact with ball, target <p>Use the skills and techniques effectively in more pressurised situations and less isolation</p>	<ul style="list-style-type: none"> How long the game is played for The ruck and maul Kicking – restart play 		Try Tackle Ruck Maul Conversion Penalty Loop scissors Forwards Backs Lineout Intercepting
Dance	<ul style="list-style-type: none"> Work cooperatively as a member of a team to communicate their thoughts and creative ideas when choreographing movement Explore choreographic content to present an interesting and engaging performance Be able to use visual stimuli as a way of generating movement Be able to perform movement in a stylistically accurate way 	<ul style="list-style-type: none"> Performance etiquette Audience etiquette 	<ul style="list-style-type: none"> N/A 	Motif Genre Stylistic Performance Action Space Unison Choreography



Netball	<ul style="list-style-type: none"> • Passing – <i>stance, body position, hands, head, eyes</i> • Catching – <i>hands, body position, stance</i> • Footwork – <i>1-2- and 2-foot landing, pivot</i> • Dodging – <i>speed, feint, timing, movement</i> • Marking – <i>from the side, front and off the ball</i> • Spatial awareness – <i>losing marker, running into space</i> • Getting free – <i>sprint, feint, dodge</i> <p>Use the skills and techniques effectively in more pressurised situations and less isolation</p>	<ul style="list-style-type: none"> • Scoring system • How to restart game • Fouls • Footwork • How long game is played • Positions on court and where you can go • Free pass and penalty pass 	<ul style="list-style-type: none"> • When to run or pass • Where to run or pass • What type of pass to use • Positions of players on the team • Marking strategies • Selection of positions according to strengths of team • Possession ball 	Marking Covering Footwork Obstruction Contact Dodge Centre Pivot Chest pass Bounce pass Feint Repossession Offside
Athletics	<ul style="list-style-type: none"> • Running – <i>starts, arm action, leg drive, shoulder, head, breathing, race finishes</i> • Jumping – <i>take-off and landing technique, arms and legs in air</i> • Throwing – <i>grip, stance, body position, transferring weight, release of object, follow through, angle of release</i> • Safety – <i>spatial awareness, throwing zones, equipment safety</i> 	<ul style="list-style-type: none"> • Running – <i>lanes, starts, starting position</i> • Jumping – <i>take off, footwork, landing, measuring</i> • Throwing – <i>Holding</i> 	<ul style="list-style-type: none"> • Running – <i>pacing strategies, strong start or strong finish</i> • How to run a bend 	Running Stride length Acceleration Pacing Jumping Acceleration



	Use the skills and techniques to improve time and distance from previous year	<i>equipment, release of object, measuring</i>		Hang time Landing Momentum High jump Triple jump Long jump Throwing Grip Stance Release Weight distribution Transfer Shot put Javelin Discus
Outdoor Adventurous Activities	<ul style="list-style-type: none"> • Work independently to solve problems • Work as part of a team to solve problems • Follow a more advanced line map of the school • Be able to identify key symbols from a map 	<ul style="list-style-type: none"> • Follow a specific route on a map • Follow rules of how to use 	<ul style="list-style-type: none"> • Identify the quickest way to solve a problem • Logistically plan a way to complete maps as quick as possible 	Maps Birdseye Scale



	<ul style="list-style-type: none"> Be able to locate different areas in line with key symbols 	specific equipment	<ul style="list-style-type: none"> Evaluate team performance and make improvements 	Symbol Key View
Striking & Fielding (Cricket, Softball, Rounders)	<ul style="list-style-type: none"> Batting – <i>stance, contact with object, follow through</i> Bowling – <i>stance, body position, footwork, height, pace of bowl</i> Fielding – <i>rolling, underarm and overarm throw, short & long barrier, body position</i> Catching – <i>two hand catch, one hand catch, hand position, body position, eyes</i> Running – <i>from base or stump, running when fielding</i> <p>Use the skills and techniques effectively in more pressurised situations and less isolation</p>	<ul style="list-style-type: none"> Scoring system How to bowl How to get a runner out Rules of the batter Rules of the field e.g. player positions 	<ul style="list-style-type: none"> Where to hit When to run Where to throw Field positions 	Stance Batting square Post fielder Deep fielder Innings Backward hit Bowling square Obstruction Accuracy Long and short barrier Anticipation Umpire