



Armfield Academy – PE
Year 8 Curriculum Overview



Half Term 1	
Date	Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. RUGBY, METHODS OF TRAINING, NETBALL, BASKETBALL
WC 02/09	How do I improve? In have a basic level of fitness
WC 09/09	Can conduct a suitable warm up and explain why exercise is good for health and sustainable lifestyle. I apply in activities and competitive situations
WC 16/09	I am competitive and determined showing strengths in aspects of my fitness.
WC 23/09	I understand specific examples of fitness
WC 30/09	I understand specific examples of fitness, demonstrating specific examples in activities
WC 07/10	I lead with confidence
WC 14/10	End of Term Assessment (Plickers)
Half Term 2	
Date	Head – the thinking physical being: decision maker, analytical – deep understanding, confident. BADMINTON, DANCE, METHODS OF TRAINING, HANDBALL
WC 04/11	Q&A re-assuring the learning, observation and analysis. Why is feedback important?
WC 11/11	How do I improve? I can improve others
WC 18/11	What makes a good coach? I can improve others by suggesting ways to improve using teaching points
WC 25/11	When provided with feedback, how did it help you and why? I explain how a performer has improved
WC 02/11	Who is the best performer/coach and why. I explain how a performer has improved and how it affects performance.
WC 09/11	How does a variety of rules benefit my performance? I can officiate with confidence, demonstrating I understand the rules.
WC 16/11	End of Term Assessment (Plickers)
Half Term 3	
Date	Hands – the doing physical being: physically competent, growth and development, physically active, competitive. FOOTBALL, TAG RUGBY, CIRCUIT TRAINING, BADMINTON
WC 06/01	How do I improve? Q&A re-assuring the learning and how does the progression link with learning?
WC 13/01	What makes a good success criteria? Demonstrate more complex movements
WC 20/01	How can we further develop this skill? Demonstrate more complex movements with fluidity, timing and control in different activities
WC 27/01	Who is the best performer/coach and why. Can display more advanced techniques within a controlled environment
WC 03/02	Can display more advanced techniques within a controlled environment from a variety of activities
WC 10/02	Have the confidence to <i>influence</i> the game/activity, taking a greater responsibility for my development and showing off my skills
WC 17/02	End of Term Assessment (Plickers)
Half Term 4	
Date	Head – the thinking physical being: decision maker, analytical – deep understanding, confident. HANDBALL, FOOTBALL, BASKETBALL, CIRCUIT TRAINING
WC 24/02	How do I improve? I can improve others
WC 02/03	What makes a good coach? I can improve others by suggesting ways to improve using teaching points
WC 09/03	Who is the best performer/coach and why. I explain how a performer has improved
WC 16/03	I explain how a performer has improved and how it affects performance.
WC 23/03	I can officiate with confidence, demonstrating I understand the rules.
WC 30/03	End of Term Assessment (Plickers)
Half Term 5	
Date	Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. CRICKET, ROUNDERS, ATHLETICS
WC 20/04	Learn how to measure heart rate HR - Can suggest and undertake an appropriate training programme for specific events. I am competitive and determined showing strengths in aspects of my fitness.
WC 27/04	How do I improve? Continuous Training - I understand specific examples of fitness
WC 05/05	Demonstrate working heart rate WHR - Interval Training, I understand specific examples of fitness, demonstrating specific examples in activities
WC 11/05	What sports would benefit from this type of training? Fartlek Training - I can design and lead drills and warm-ups
WC 18/05	End of Term Assessment (Plickers)
Half Term 6	

Date	Hands – the doing physical being: physically competent, growth and development, physically active, competitive. CRICKET, ROUNDERS, ATHLETICS
WC 01/06	How do I improve? Demonstrate more complex movements (cricket, rounders, athletics)
WC 08/06	End of Year Assessment, Demonstrate more complex movements with fluidity, timing and control in different activities
WC 15/06	What makes a good success criteria? Can display more advanced techniques within a controlled environment
WC 22/06	How can we further develop this skill? Can display more advanced techniques within a controlled environment from a variety of activities
WC 29/06	Who is the best performer/coach and why. Have the confidence to <i>influence</i> the game/activity, taking a greater responsibility for my development and showing off my skills
WC 06/07	End of Term Assessment (Plickers)
WC 13/07	Taking a greater responsibility for my development and showing off my skills, flair and originality in different activities