



Armfield Academy – PE
Year 8 Curriculum Overview - Girls



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. Methods of training & Netball
WC 02/09	I understand the components of a three-phase warm up and a two phase cool down, using correct terminology such as pulse raiser and stretching.
WC 09/09	I can confidently conduct a suitable warm up and cool down in a small group. I can explain why warming up and cooling down are important when exercising.
WC 16/09	I can measure my heart rate and calculate heart rate training zones.
WC 23/09	I can link heart rate training zones with anaerobic and aerobic respiration. Understanding which sports/events require the use of different energy systems.
WC 30/09	I understand that these components of fitness require athletes to train differently and I can identify training types which will improve these specific components.
WC 07/10	I can design a training session specific to an athlete's requirements.
WC 14/10	End of Term Assessment (Plickers)
Half Term 2	
Date	Head – the thinking physical being: decision maker, analytical – deep understanding, confident. Badminton & Football
WC 04/11	I understand what is meant by performance analysis.
WC 11/11	I can identify differences in performers and recognise good technique.
WC 18/11	I can use a 'perfect model' video to provide feedback for my peers on their performance.
WC 25/11	I can utilise feedback to improve my own performance.
WC 02/11	I understand the importance of feedback and can explain two different feedback methods.
WC 09/11	I can coach on a 1-1 basis with the use of perfect model videos and assistance from a teacher.
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. Tag Rugby & Boxercise.
WC 06/01	I understand the basic skills required to be successful in tag rugby, and I can recall skills from units of work in year 7 which will allow me to be successful.
WC 13/01	I can interpret 3/4 teaching points of a skill and apply these to my practice. This is obvious when I am working on skills in isolation.
WC 20/01	I can demonstrate skills in isolation with fluidity. It is clear what I can improve and this is obvious in my next attempt.
WC 27/01	I can link 2/3 skills together and perform these confidently in isolation.
WC 03/02	I apply the skills developed in a competitive situation.
WC 10/02	Confidence in my skills and ability is evident in my performance during competitive situations.
WC 17/02	End of Term Assessment (Plickers)
Half Term 4	
Date	Hands – the doing physical being: physically competent, growth and development, physically active, competitive. Handball & Basketball.
WC 24/02	I can confidently list 4/5 skills required to be successful at handball.
WC 02/03	I can explain the teaching points behind the skills and these are evident when I perform isolated skills. Each time I attempt a skill I can explain what I need to improve on and this is obvious in my next attempt.
WC 09/03	I can link 2/3 skills together without pressure.
WC 16/03	I can link together the skills I have developed and demonstrate these in a competitive environment.
WC 23/03	I show confidence when performing in a competitive environment.
WC 30/03	End of Term Assessment (Plickers)
Half Term 5	
Date	Head – the thinking physical being: decision maker, analytical – deep understanding, confident. Cricket & Athletics - Field
WC 20/04	I can recall the basic rules of cricket we considered in year 7.
WC 27/04	I know 3/4 different batting shots in cricket and can explain what they are.
WC 05/05	I can bowl overarm in cricket and explain the teaching points behind this.
WC 11/05	I can umpire a game of cricket (with reduced rules).
WC 18/05	End of Term Assessment (Plickers)
Half Term 6	
Date	Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. Athletics - Track & Rounders
WC 01/06	I can lead a small group for a warm up and a cool down.
WC 08/06	I understand where my fitness levels are in regard to the different fitness components and can explain which track events I will be more successful in.
WC 15/06	I understand the difference between events, short, mid and long distance and how these link with fitness components. Including speed, power, muscular endurance and cardiovascular endurance.
WC 22/06	I can design a training plan to help improve the fitness components required for a variety of track events.
WC 29/06	I can link energy systems with track events, explaining which events would require which energy system.

WC 06/07	End of Term Assessment (Plickers)
WC 13/07	What we have learned this year, and how PE will change next year.