

# ASHTON COMMUNITY SCIENCE COLLEGE: PE CURRICULUM

Year 8 Boys										
	Half term 1	Half term 2		Half term 3		Half term 4		Half term 5		Half term 6
Knowledge	RUGBY (1)	BASKETBALL (2)	VOLLEYBALL (3)	HANDBALL (4)	GYMNASTICS (5)	FITNESS (6)	BADMINTON (7)	CRICKET (8)	ATHLETICS (9)	SUMMER SPORTS (10)
Skills/ application of knowledge	<b>Passing</b> Pop, Hip, Spin, Dive, Switch/scissors <b>Tackling</b> <b>Scrummaging</b> 5v5 <b>Attacking line</b> <b>Defensive line</b> <b>Line – Outs</b> <b>Kicking</b> Place Grubber Box	<b>Passing</b> Shoulder Chest Bounce Javelin <b>Ball Control</b> <b>Catching</b> One handed Two handed Static On the move <b>Footwork</b> Landing Pivot Running pass <b>Shooting</b> Jump Set Lay – Up <b>Defending</b> Player-to- player Defending the pass Denying space <b>Refereeing</b>	<b>Shots –</b> Dig Set Spike <b>Serve -</b> Underarm <b>Blocking –</b> Singular Team	<b>Passing</b> Right & Left hand Short Long Stationary On the move Catching One handed Two handed Static On the move <b>Footwork</b> Running pass Running shot Dribbling <b>Shooting</b> Jump shot Standing shot <b>Defending</b> Blocking Tackling Man to man Zonal <b>Goalkeeping</b> Shot stopping – hands, legs, trunk, putting the ball down, fast attack	<b>Balance –</b> <i>Individual</i> <i>Pairs</i> <i>Group</i> <b>Movement –</b> Roll – <i>Forward</i> <i>Backward</i> <i>Side</i> <i>Log</i> <i>Teddy bear</i>	Continuous training  Circuit Training  Resistance training  Interval training		<b>Throwing</b> Underarm Overarm Long & Short distance <b>Catching</b> One handed Two handed <b>Bowling</b> <b>Batting</b> Forward defensive Cover drive On side Off side <b>Fielding</b> Long barrier	<b>Jump – Long &amp; Triple</b> Run up Take off Flight Landing <b>Throw – Shot putt, Javelin, Discus</b> Initial stance Grip Preparation Movement Release Recovery glide <b>Track</b> <b>Sprints – 100m, 200m, 300m (girls).</b> <b>Middle Distance – 800m, 1500m</b> Starts Posture Pacing Leg & arm action Stride pattern	<b>Softball –</b> Batting Fielding – Throwing and catching Base running  <b>Frisbee –</b> Backhand Throw Forearm Throw Tackling Catching  <b>Lacrosse –</b> Picking up Passing Cradling Shooting Tackling Blocking
Links to prior learning	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	In most cases, this is a totally new activity to the pupils and there is no prior knowledge to build upon.	Building upon the skills developed in year 7 and applying them into competitive situations	Building upon the skills developed in year 7 and applying them into competitive situations	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively



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Year 8 Girls										
	Half term 1		Half term 2		Half term 3		Half term 4		Half term 5 Half term 6	
Knowledge	NETBALL (1)	BADMINTON (2)	FITNESS (3)	HOCKEY (4)	FOOTBALL (5)	GYMNASTICS (6)	LEADERSHIP (7)	HANDBALL (8)	ATHLETICS (9)	SUMMER SPORTS (10)
Skills/ application of knowledge	<b>Passing</b> Shoulder Chest Bounce Overhead <b>Ball Control</b> <b>Catching</b> Two handed Static <b>Footwork</b> Landing Pivot <b>Shooting</b> One/Two Handed <b>Defending</b> Player-to- player	<b>Serves</b> Low & short High & Deep <b>Clear Shot</b> Forehand Attacking & defending Underarm	<b>Methods of training</b> Circuit training Aerobics Weight training Continuous training Yoga Pilates		<b>Passing</b> Short Passes <b>Dribbling</b> <b>Turning with the ball</b> <b>Striking with the ball</b> Shooting	<b>Balance –</b> <i>Individual</i> <i>Pairs</i> <i>Group</i> <b>Movement –</b> Roll – <i>Forward</i> <i>Backward</i> <i>Side</i> <i>Log</i> <i>Teddy bear</i>	<b>Communication</b> Verbal Non verbal <b>Organisation</b> Tasks People equipment <b>Planning</b> <b>Assessing/ Evaluating</b>	<b>Passing</b> Right & Left hand Short Long Stationary On the move Catching One handed Two handed Static On the move <b>Footwork</b> Running pass Running shot Dribbling <b>Shooting</b> Jump shot Standing shot <b>Defending</b> Blocking Tackling Man to man Zonal <b>Goalkeeping</b> Shot stopping – hands, legs, trunk, putting the ball down, fast attack	<b>Jump – Long &amp; Triple</b> Run up Take off Flight Landing <b>Throw – Shot putt, Javelin, Discus</b> Initial stance Grip Preparation Movement Release Recovery <b>Track</b> Sprints – 100m, 200m, 300m (girls). Middle Distance – 800m, 1500m Starts Posture Pacing Leg & arm action Stride pattern	<b>Rounders:</b> <b>Throwing</b> Underarm Overarm Long & Short distance <b>Catching</b> Two handed <b>Bowling</b> <b>Batting</b> <b>Fielding</b> Long barrier
Links to prior learning	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively	Building upon the skills developed in year 7 and applying them into competitive situations more effectively
assessment	Lesson to lesson	Lesson to lesson	Lesson to lesson	Lesson to lesson	Lesson to lesson	Lesson to lesson	Lesson to lesson assessment,	Lesson to lesson assessment,	Lesson to lesson assessment, with	Lesson to lesson assessment, with

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