

Year 8 Curriculum Plan

PE



Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PRIOR LEARNING	<i>Cross country and Football</i>	<i>Netball & Trampolining – Development of technical and fundamental movement skills and analysis of performance</i>		<i>Rugby and Badminton</i>		<i>Dance</i>		<i>Health related Fitness, Outdoor Adventurous Activities (OAA) & Cricket</i>		<i>Athletics and Rounders</i>	
	<p>In KS2 and Year 7, pupils will have learnt to use a range of tactics and strategies in a variety of sports to overcome opponents in direct competition, in both team and individual games. Pupils will have also been taught how to develop their technique and how to improve their performance in a wide range of activities. In year 7, pupils will have been able to analyse their performance in a range of activities to allow them to compare their performance and demonstrate knowledge of how to improve in order to achieve their personal best.</p>										
KNOWING WHAT...	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Cross country</p> <ul style="list-style-type: none"> Endurance and pacing <p>Football</p> <ul style="list-style-type: none"> Passing and control Movement Defending: Defensive cover & 1v1 marking Attacking - shooting 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Netball:</p> <ul style="list-style-type: none"> Footwork and passing Dodging Marking and shadowing Shooting and defending Set plays Positioning and game play <p>Trampolining:</p> <ul style="list-style-type: none"> Trampoline safety. Ariel shapes and turns Seat landing combination development. Swivel Hips Development Front and back landing combination development. 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Rugby:</p> <ul style="list-style-type: none"> Beating opponents - Hand off, side-step, change of pace/direction and kick ahead Try scoring. Grounding the ball with downward pressure When and when not to use one/two hands Playing the ball in contact. Retaining the ball Basic tackling technique from front and side Close contact tackling <p>Badminton:</p> <ul style="list-style-type: none"> Variety of serves. Disguising serves. Net shots and shot variety. Combination of shots. Tactical play. 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Dance:</p> <ul style="list-style-type: none"> Knowledge of a stimulus, dance formations and key dance vocabulary How to use Unison, Canon, Choreography, Musicality, Repetition, Retrograde, Contrasts, Highlights, Dynamics, Stimulus, Motif, Space, Formation, Relationship and Levels 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Health related fitness:</p> <ul style="list-style-type: none"> Short term effects exercise has on the body. Benefits of an effective warm up Variety of activities and exercises to demonstrate the different components of fitness. Principles of training and training types; fartlek, circuit & interval training. <p>OAA:</p> <ul style="list-style-type: none"> Leadership skills Communication skills Develop confidence. <p>Cricket:</p> <ul style="list-style-type: none"> Fielding practice Batting-Drive shot Batting – Pull Shot Bowling-run up development Batting calls/basic field placement 	<p>Pupils will learn the core skills needed for the following sports:</p> <p>Athletics:</p> <ul style="list-style-type: none"> Development of sprinting and the relay event. Endurance running. Development of fielding events. <p>Rounders:</p> <ul style="list-style-type: none"> Throwing and catching linking to fielding techniques Bowling technique Batting development Fielding roles in order to outwit opponents Evaluation of tactics/peer assessment 					

The PE curriculum will include a broad range of activities during their KS3 Journey. The KS3 curriculum aims to allow pupils to develop their sporting ability across different sports, techniques, analysis of performance, strategical decision-making skills and how to lead a healthy active lifestyle.

The KS3 activities that each year group will follow will vary slightly throughout the school year due to teaching space availability.

Updated: December 2023

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">KNOWING HOW...</p>	<ul style="list-style-type: none"> • How to describe skills and rules across a variety of sports. • How to lead warmups whilst demonstrating resilience, effort, and respect for others. 	<ul style="list-style-type: none"> • How the body reacts during exercise. • How to describe tactics and techniques in a variety of sports to help them improve their performance. • How to give feedback to others about their performance. 	<ul style="list-style-type: none"> • How the body and mind benefit from regular participation in sport. • How to apply rules and tactics of several different sports. • To confidently lead a group of people, applying a variety of roles which include: official, coach, teacher and captain. 	<ul style="list-style-type: none"> • How to accurately explain the advantages of following an active and healthy lifestyle on physical, mental and social wellbeing. • How to analyse performance of themselves and peers in order to improve skills, techniques and fitness levels. 	<ul style="list-style-type: none"> • How to demonstrate good leadership qualities and how to display clear communication skills, empathy and patience. • How to evaluate and justify different training methods for performers sporting needs. • How to lead and officiate matches showing a good understanding of the rules. 	<ul style="list-style-type: none"> • How to justify how skills and tactics could improve the quality of performance. • How to demonstrate, with some accuracy and success, skills, techniques and tactics across a variety of activities in a pressured practice.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">ASSESSMENT</p>	<p>Pupils will undertake both cross-country and a variety of sports as part of their baseline assessment. The focus of this assessment will be to assess pupils' core fundamental movement skills, their communication within competitive sports and their ability to apply simple tactics linking to both attacking and defending.</p> <p>The assessment will be ongoing which will allow staff to watch pupils in a variety of sports and activities.</p> <p>Pupils will be assessed against the PE Assessment model 'Head, Hand and Heart'.</p> <p>Head – Pupils knowledge and understanding. Problem solving skills, Analysis of performance and feedback.</p> <p>Hand – Pupils physical ability, their technique and tactics. Pupils will also be assessed on their development of fitness.</p> <p>Heart – Pupils leadership skills, communication, respect for others, resilience and confidence.</p>					

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