



SUBJECT PE Year 8 Curriculum Overview

The below is intended to provide a simple overview of Year 8 PE, the scheme of learning will provide the detailed exposition including literacy, SMSC, assessment, homework, learning activities and resources

Learning Focus	Assessments
<p>Weeks 2–6: Developing skills and their application in drill and games. Developing leadership skills and officiating.</p> <p><u>Learning enquiries:</u> Handball: Mixed LE1: Why small sided games? Developing responsibility LE2: Developing passing, the importance of using footwork and changing ball direction. LE3: What is an organised defence and what are defensive formations in handball? LE4: What is the attacking phase, ball circulation and arriving at the D in attack? LE5: The attacking phase, advanced shooting LE6: What are the non playing roles in Handball LE7: Full sided Games- Demonstrating my knowledge and skills</p> <p>Rugby: Boys LE1: Recap knowledge of Rugby. To develop and replicate fundamental rugby handling skills LE2: Further develop knowledge and understanding of passing LE3: Develop knowledge and understanding of tackling technique To replicate the correct technique on advancing opposition. LE4: The attacking phase, creating an efficient ruck. LE5: What are the non playing roles in Rugby? LE6: Full sided Games Demonstrating my knowledge and skills</p> <p>Netball: Girls LE1: To be able to accurately replicate and perform the different passes (Overhead, Chest, Shoulder and Bounce). LE2: To clearly know and understand how to, and why we shoot in Netball, and the different types of shooting found in Netball LE3: Shooting - One hand LE4: To be able to accurately replicate and perform the skill of Re-bounding. LE5: To be able to accurately replicate and perform the different types of dodges and attacking moves found in Netball. LE6: Attacking game play. To incorporate the attacking skills into a game of Netball. LE7: Defending. To be able to accurately replicate and perform the defensive skills of closing down, getting goal-side, keeping space, and intercepting the different types of passes. Defending LE8: To work as a team in defence and further develop their knowledge and understanding of the benefits of closing down, getting goal-side, keeping space, intercepting the different types of passes and not jumping in.</p> <p>Key Assessment objectives / skills: Practical performance will be assessed with application in drills and games under increasing pressure.</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>



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<p>Analysing of own performance Performing tactics and strategies</p>	
<p>Weeks 7-12: Developing skills and their application in drill and games. Developing leadership skills and officiating.</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p>
<p><u>Learning enquiries:</u> Hockey: Mixed LE1: To recap the understanding of holding the stick and moving safely around a hockey pitch. Using the hockey ball in play. LE2: Passing: To develop the use of push + hit pass within game under pressure LE3: Dribbling: To be able to dribble the ball with control, changes of speed and direction. LE4: Dribbling: To be able to perform these skills fluently in a small sided game with the intention of outwitting the opposition. LE5: Shooting: To understand various strategies for shooting to produce a successful outcome. LE6: Defending: To accurately replicate jab tackle technique in isolation and under pressure in a game. LE7: Officiating: Develop your refereeing/leadership style and apply the rules in a game situations LE8: Game time: Full sized pitch games Analysing your own areas for development ready for assessment.</p> <p>Boys: Handball LE1: Why small sided games? Developing responsibility LE2: Developing passing, the importance of using footwork and changing ball direction. LE3: What is an organised defence and what are defensive formations in handball? LE4: What is the attacking phase, ball circulation and arriving at the D in attack? LE5: The attacking phase, advanced shooting LE6: What are the non playing roles in Handball LE7: Full sided Games- Demonstrating my knowledge and skills</p> <p>Girls: Fitness LE1: What are heart rate zones? LE2: What is continuous training? LE3: Fitness training for team sport players (football, netball, handball, rugby) (fartlek) LE4: What is flexibility? LE5: What fitness tests can I use? LE6: Working the lower body LE7: Working the upper body and abs LE8: Weight training- high reps/ low weight LE9: Designing and completing a weight training session LE10: Final assessment- what have I learned about fitness?</p> <p>Key Assessment objectives / skills:</p>	<p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>



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<p>Weeks 13: Cross Country</p>	<p>Assessment</p>
<p>Learning enquiries: 1) To complete cross country course to the best of my ability.</p> <p>All groups will complete cross country</p> <p>Key Assessment objectives / skills: Teamwork- it is a team effort as we run a house competition with it. Individual fitness and skills.</p>	<p>Pupils will complete the run and will receive a position which will be kept on the tracker.</p> <p>The final lesson will be a race in which pupils will achieve a position for finishing.</p>
<p>Weeks 14: Developing sports skills and fitness in Outdoor and Adventurous Education</p>	<p>Final Assessment: This short unit is not assessed.</p>
<p>Learning enquiries: 1) Develop teamwork and communication skills 2) Developing teamwork by applying strategies and tactics to overcome challenges</p>	
<p>Weeks 15-19: Developing sports skills, techniques and tactics in football, badminton and fitness.</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p>
<p>Learning enquiries: Boys group- football LE1: Passing: To be able to outwit opponents under pressure. LE2: Passing: To develop an understanding passing to teammates in space LE3: Dribbling: To be able to perform dribbling in a small sided games making decisions about how best to advance on opposition. LE4: Dribbling: To be able to outwit opponents with the combination of turns and dribbling LE5: Shooting: To appreciate how to adjust shot selection based on opponents positioning. LE6: Tackling: To develop an understanding of when to defend and apply pressure to stop opponents from advancing. LE7: Officiating: Develop your refereeing/leadership style and apply the rules in a game situation LE8: Game time: Full sized pitch games Analysing your own areas for development ready for assessment.</p> <p>Girls group- badminton LE1: To be able to accurately replicate and perform a technically correct low forehand serve. LE2: To be able to return the serve using the overhead and underarm clear.</p>	<p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>



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<p>LE3: To be able to accurately replicate and perform, using the correct technique, a lob from the net to the rear of the opponent's court, LE4: To be able to accurately replicate and perform a technically correct smash. LE5: To be able to use the block to return a smash. LE6: Net Play. To be able to softer shots close in at the net to return the shuttle to the opponent's court. LE7: To be able to play and accurately replicate and perform the forehand drive using the correct technique. LE8: To develop their knowledge and understanding, and principles within a doubles game.</p> <p>Mixed Group- fitness LE1: What are heart rate zones? LE2: What is continuous training? LE3: Fitness training for team sport players (football, netball, handball, rugby) (fartlek) LE4: What is flexibility? LE5: What fitness tests can I use? LE6: Working the lower body LE7: Working the upper body and abs LE8: Weight training- high reps/ low weight LE9: Designing and completing a weight training session LE10: Final assessment- what have I learned about fitness?</p> <p><u>Key Assessment objectives / skills:</u> Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application. Analysing of own performance Performing tactics and strategies</p>	
<p>Weeks 21-25: Developing sports skills, techniques and tactics</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p>Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher</p>
<p><u>Learning enquiries:</u> Boys group – fitness LE1: What are heart rate zones? LE2: What is continuous training? LE3: Fitness training for team sport players (football, netball, handball, rugby) (fartlek) LE4: What is flexibility? LE5: What fitness tests can I use? LE6: Working the lower body LE7: Working the upper body and abs LE8: Weight training- high reps/ low weight LE9: Designing and completing a weight training session LE10: Final assessment- what have I learned about fitness?</p> <p>Girls group – football LE1: Passing: To be able to outwit opponents under pressure.</p>	



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<p>LE2: Passing: To develop an understanding passing to teammates in space</p> <p>LE3: Dribbling: To be able to perform dribbling in a small sided games making decisions about how best to advance on opposition.</p> <p>LE4: Dribbling: To be able to outwit opponents with the combination of turns and dribbling</p> <p>LE5: Shooting: To appreciate how to adjust shot selection based on opponents positioning.</p> <p>LE6: Tackling: To develop an understanding of when to defend and apply pressure to stop opponents from advancing.</p> <p>LE7: Officiating: Develop your refereeing/leadership style and apply the rules in a game situation</p> <p>LE8: Game time: Full sized pitch games Analysing your own areas for development ready for assessment.</p> <p>Mixed group- badminton</p> <p>LE1: To be able to accurately replicate and perform a technically correct low forehand serve.</p> <p>LE2: To be able to return the serve using the overhead and underarm clear.</p> <p>LE3: To be able to accurately replicate and perform, using the correct technique, a lob from the net to the rear of the opponent's court,</p> <p>LE4: To be able to accurately replicate and perform a technically correct smash.</p> <p>LE5: To be able to use the block to return a smash.</p> <p>LE6: Net Play. To be able to softer shots close in at the net to return the shuttle to the opponent's court.</p> <p>LE7: To be able to play and accurately replicate and perform the forehand drive using the correct technique.</p> <p>LE8: To develop their knowledge and understanding, and principles within a doubles game.</p> <p><u>Key Assessment objectives / skills:</u></p> <p>Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.</p> <p>Analysing of own performance</p> <p>Performing tactics and strategies</p>	<p>will need to complete the department tracking document.</p>
<p>Weeks 26-30: Developing sports skills, techniques and tactics</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p>Final Assessment: The final lessons in the SOL are for</p>
<p><u>Learning enquiries:</u></p> <p>Boys group – badminton</p> <p>LE1: To be able to accurately replicate and perform a technically correct low forehand serve.</p> <p>LE2: To be able to return the serve using the overhead and underarm clear.</p>	



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LE4: To be able to accurately replicate and perform a technically correct smash.

LE5: To be able to use the block to return a smash.

LE6: Net Play. To be able to softer shots close in at the net to return the shuttle to the opponent's court.

LE7: To be able to play and accurately replicate and perform the forehand drive using the correct technique.

LE8: To develop their knowledge and understanding, and principles within a doubles game.

Girls group – hockey

LE1: To recap the understanding of holding the stick and moving safely around a hockey pitch. Using the hockey ball in play.

LE2: Passing: To develop the use of push + hit pass within game under pressure

LE3: Dribbling: To be able to dribble the ball with control, changes of speed and direction.

LE4: Dribbling: To be able to perform these skills fluently in a small sided game with the intention of outwitting the opposition.

LE5: Shooting: To understand various strategies for shooting to produce a successful outcome.

LE6: Defending: To accurately replicate jab tackle technique in isolation and under pressure in a game.

LE7: Officiating: Develop your refereeing/leadership style and apply the rules in a game situations

LE8: Game time: Full sized pitch games Analysing your own areas for development ready for assessment.

Mixed Group- football

LE1: Passing: To be able to outwit opponents under pressure.

LE2: Passing: To develop an understanding passing to teammates in space

LE3: Dribbling: To be able to perform dribbling in a small sided games making decisions about how best to advance on opposition.

LE4: Dribbling: To be able to outwit opponents with the combination of turns and dribbling

LE5: Shooting: To appreciate how to adjust shot selection based on opponents positioning.

LE6: Tackling: To develop an understanding of when to defend and apply pressure to stop opponents from advancing.

LE7: Officiating: Develop your refereeing/leadership style and apply the rules in a game situation

LE8: Game time: Full sized pitch games Analysing your own areas for development ready for assessment.

Key Assessment objectives / skills:

assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.



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<p>Weeks 31-38: Developing sports skills, techniques and tactics Boys- week A is athletics and B is cricket Girls- week A is athletics and B is rounders Mixed- week A is rounders and B is athletics</p>	<p>Assessment One: Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed. Final Assessment: The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p>Learning enquiries: All Groups- athletics LE1: Introduce running style (100/200/relay) LE 2:How do you pace the 1500m? LE3: How do you pace the 800m? LE4: Is the 400m a sprint or jog? LE5: What is the Long Jump? LE6: How do I combine a hop, step and then a jump to go further? LE7: How do I do the high jump? LE8: What is the discus throw? LE9: What is the Shot Put? Is it a throw? LE10: What is the javelin throw and how do I do it?</p> <p>Girls group and mixed- rounders LE1: How do I catch a high ball and a close ball in rounders? LE2: What are the different ways we can bowl the ball to a player in rounders? LE3: Why do we use the over arm throw and what technique do I use when performing it? LE4: How do I make an effective backstop? LE5: How do I hit the ball in different directions? LE6: Why do I need to change my position when I am batting? LE7: What is the long barrier and why do we use it in rounders? LE8: What do I do when I am on a post in rounders?</p> <p>Boys Group- cricket LE1: Developing as a ferocious fielder LE2: Developing as a cool catcher LE3: Developing as a brilliant bowler LE4: Developing as a super striker LE5: Developing as a skilful striker</p> <p>Key Assessment objectives / skills: Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application. Analysing of own performance Performing tactics and strategies</p>	



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