

Our Lady Queen of Peace

Catholic High School

Curriculum Overview

Year 8 Physical Education

Careers

Local Market Information

Skills

Jobs

See skills

Problem Solving
Accountability

Sports Development Officer
Personal Trainer

Knowledge & Understanding

Subject Specific Literacy Development

Topics (Bigger Picture)

Knowledge (Key Concepts)

Recall & Retrieval Practice Focus

Key Vocabulary

Cultural Capital / Enrichment Opportunities

Week 1 - 12

OAA & Team Building –
Boys/girls
(Team work, communication)

Map reading, tug of war & sack races, problem solving

Last
lesson
last sport
questions
(refer to
teacher
sheet)

Map reading, teamwork,
orienteering, communication,
symbols, problem solving

Extra-curricular
programme
Lancashire cup
competitions
Information on
local clubs
WLSPE Events

Rugby – Boys (physical
competence)

Ball familiarisation & rucking developed (attacking),
Ball familiarisation & rucking developed (defending),
gap discipline developed, line pressure developed,
passing from the ruck developed, kicking in play

Ruck, Playing the ball, Held, Knock
on, In Touch, Try, High Tackle,
Offside, Marker, 5th Tackle, Dummy
Half

Badminton – Boys
(confidence)

Rules and routines / stance developed, serving
(backhand), serving (underarm) developed, clear
developed, drop shot developed, smash developed

Rally, Serve, Backcourt, Disguised
serve, Shot Trajectory, Partner work,
Stance, Smash shot, Backhand

Netball – Girls (physical
competence)

Appropriate and effective passing, introduction to
running footwork, dodging (sprint and double), shooting
technique, positions, roles and responsibilities, rules –
footwork, 3 seconds, contact, obstruction, offside, out
of play. Tactics – positioning in the circle, order of play.

Landing foot, double dodge,
attacking, defending, sprint dodge,
free pass.

Gymnastics – (Creativity and
Confidence)

Recap travelling and rolls, starting and finishing position
balances, mini sequence, partner balances – support
balance, counterbalance and counter tension,
sequencing to include levels, Trampolining – basic
shapes, twists and landings – seat and front.

Forward roll, body tension,
sequencing, partner balance,
counterbalance, counter tension.

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
Week 13 - 22	Basketball – boys (Resilience)	Rules recap and dribbling, passing and utilising space developed, shooting developed, lay ups developed, rebounds	Last lesson last sport questions (refer to teacher sheet)	Double dribble, travel, jump ball, crossover, pivot, layup, screening, boxing out,	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – boys (Health and well-being)	Continuous training / breathing rate, interval training, agility training / endorphins, plyometric training, circuit training / stroke volume		Heart rate, continuous training, breathing rate, interval training, endorphins, plyometrics, stroke volume	
	Dance – girls (Creativity and Confidence)	Introduce cultural dance, beat, teacher led choreography, unison, cannon, group choreography, rhythm expression, theme		Beat, unison, choreography, cannon, expression, timing.	
	Hockey – girls (tactics and strategy)	Grip, dribbling, ball control, passing, shooting, tackling, reverse stick, rules, formations, set plays – hit out, corners, push back.		Split grip, dribble, push pass, hit/slap, high stick, out of bounds.	
Week 23 – 31	Handball – boys (tactics and strategy)	Recap rules (3 steps), Recap dribbling (Passive Play/3 seconds), recap passing (space), recap (standing / jumping), recap defending (stance), recap defending (zonal)	Last lesson last sport questions (refer to teacher sheet)	3 Step Rule, 3 Second Rule, Passive Play, Jump Shot, Defensive Stance, Zonal marking, Screening	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Dance – boys (Creativity and Confidence)	Introduction to the Thriller/recognise moving to the beat, introduction to thriller developed, unison, levels, cannon, mirroring		The Beat (8 counts), Rhythm, Timing, Unison, Levels, Cannon, Mirroring, Expression	
	Football – girls (physical competence)	Dribbling, turning, ball control, passing, shooting, tackling, rules – out of play, kick off, goal kick, corner kick, attacking movement, defensive play, formations, set play.		Drag back, inside/outside hook, striking with laces, kick off, attacking, defending	
	Volleyball – girls (Resilience)	Dig, volley/set, serve – underarm, spike, scoring, basic rules – out of play, number of touches on the ball, formations and rotation.		Dig, volley, serve, spike, formation, rotation.	
Week 34 - 38	Athletics – boys (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 300m/baton exchange, 800m	Last lesson last sport questions (refer to teacher sheet)	Grip, stance, height, pacing, power, technique.	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Athletics – girls (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m ,800m, baton change.		Grip, stance, height, pacing, power, technique	

	Knowledge & Understanding			Subject Specific Literacy Development	
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Week 40 – 44	Cricket – boys (Leadership and responsibility)	Reintroduce rules, bowling developed, batting developed	Last lesson last sport questions (refer to teacher sheet)	Over, boundary, long barrier, one handed pick up, wicketkeeper, crease	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Softball – boys (Leadership and responsibility)	Reintroduce rules, bowling developed, fielding / backing up, batting developed (shot selection)		Strike, no ball, foul, home run, pitcher, catcher, backing up	
	Rounders – girls (Leadership and responsibility)	Underarm/overarm throwing, catching, bowling, batting, fielding, rules – scoring, obstruction, bowlers ball, backward hit, tactics – backing players up		Bowler, back stop, deep fielder, bowlers ball, long barrier, half rounder/full rounder.	
	Cricket – girls (physical competence)	Batting, bowling (introduce overarm), no ball, throwing, catching fielding, scoring – 1/4/6, outs.		Wickets, an over, boundary, crease, long barrier, no ball.	
Week 45 – 47	Trampolining – boys (Creativity and Confidence)	Safety and control developed, turning developed, shapes developed, seat drop developed, front drop developed, performance	Last lesson last sport questions (refer to teacher sheet)	Safety, turning, landing, straight jump, tuck, pike	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – girls (Health and well-being)	Continuous, circuit, interval.		Immediate effects of exercise, heart rate, breathing rate. Reps, sets, muscle groups.	

Key Assessments			
When	What will be assessed?	Why is this being assessed?	How will results be stored & students receive feedback?
Half term 3	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.
Half term 6	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.