|  |  |
| --- | --- |
| **Our Lady Queen of Peace**  Catholic Engineering College **YEAR 8 Physical Education** | Curriculum Overview |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Knowledge & Understanding** | | |  | |
|  | **Composites**  **(Bigger Picture)** | **Components**  **(Key Concepts)** | **Recall & Retrieval Practice Focus** | **Key Vocabulary** | **Cultural Capital / Enrichment Opportunities** |
| Week 1 – Week 11  Week 12 – week 21  Week 22-  Week 30  Week 34 – week 44 | Boys –Rugby and Badminton  Girls - Dance, Gymnastics and netball   * restabilising routines * Develop knowledge and rules of sports * Develop skills in variety of sports * Develop tactical awareness * Develop confidence, rhythm and timing when performing * Delivering warm ups as a pair | **OAA & Team building** – symbols game, numbers game, star game, noodle pass & hoop hop race, press up shootout & triangle tag & mat race, tug of war  **Rugby** – recap Ball familiarisation & rucking, recap tackling developed, line pressure, organising defensive line, passing developed width, kicking,  **Badminton** – Recap rules and routines, developed serving (disguise)), smash, developed clear, developed drop shot, doubles, doubles positioning,  **Netball** – Develop skills: passing/receiving, footwork, dodging, defending (stage 1 and 2), shooting. Demonstrate specific roles of positions. Demonstrate understanding of rules, including difference between a free pass and a penalty pass.  Introduction to basic rules: 3 seconds, obstruction, contact, offside.  **Dance** – demonstrate timing, rhythm and expression, demonstrating relationships and levels, demonstrate choreography influenced by the theme of dance, demonstrate the fundamentals of a good performance.  **Gymnastics** – Travelling: rolls, leaps, jumps, cartwheels, round offs, walk overs. Transition elements. | Recall skills from similar skills and knowledge from Y8 PE and how they apply to new sports. | Specific sports language, pulse raiser, dynamic stretches, static stretches, mobility movements, skill rehearsal | Extra-curricular programme  Lancashire cup competitions  Information on local clubs  WLSPE Events |
| Boys – Football and Fitness  Girls - Football and Volleyball   * Develop knowledge and rules * Develop skills in variety of sports * Develop Tactical awareness * Officiating in pairs | **Football** – developed passing and control, developed dribbling, developed turning, defending as a team, crossing & shooting, role understanding  **Fitness** – continuous training, circuit training, interval training, boxing, agility training, core stability,  **Volleyball** – recap rules, recap set and dig, introduce over arm serve, introduce spike, introduce block, recap formations | Recall of teaching points, tactics and rules learnt in Ht 1 | Specific sports language.  umpire, referee, judge, starter, roles | Extra-curricular programme  Lancashire cup competitions  Information on local clubs  WLSPE Events |
| Boys – Hockey and basketball  Girls - Fitness and Hockey   * Develop knowledge and rules of sports * Develop skills in variety of sports * Develop tactical awareness * Knowledge of short term effects of exercise | **Hockey** – recap griping the stick, passing: push pass & hit pass, V dribble, defending, 1 v1 attacking , defending as a pair.  **Basketball** – passing in the D, advanced dribbling, screening, lay ups, defending Man to Man, officiating  **Fitness** – continuous training, circuit training, interval training, boxing, agility training, core stability, | Recall of teaching points, tactics and rules learnt in Ht 2/3 | Specific sports language. Heart rate, breathing rate, blood flow, muscle temperature | Extra-curricular programme  Lancashire cup competitions  Information on local clubs  WLSPE Events |
| Boys – Athletics, Striking and fielding  Girls – Athletics, Striking and fielding   * Develop knowledge and rules of sports * Develop skills in variety of sports * Develop Tactical awareness * Analysis and improve yourself/ an athlete | **Athletics** – sprinting, javelin, shot putt, discus, long jump, triple jump relay, 800m,  **Striking and fielding**  - Rules recap, overarm throwing & catching, fielding (long barrier), bowling, batting, fielding roles, tactics | Recall of teaching points, tactics and rules learnt in Ht 3/4 | Specific sports language. analysis, development, technique, personal best | Extra-curricular programme  Lancashire cup competitions  Information on local clubs  WLSPE Events |

|  |  |  |  |
| --- | --- | --- | --- |
| **Key Assessments** | | | |
| **When** | **What will be assessed?** | **Why is this being assessed?** | **How will results be stored & students receive feedback?** |
| Week 14 | Physical me, Thinking me, Healthy me  Knowledge of **r**ules, 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. |
| Week 37 | Physical me, Thinking me, Healthy me  Knowledge of **r**ules, 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. |