|  |  |
| --- | --- |
| **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 11Week 12 – week 21Week 22- Week 30Week 34 – week 44 | Boys –Rugby and BadmintonGirls - 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 programmeLancashire cup competitionsInformation on local clubsWLSPE Events |
| Boys – Football and FitnessGirls - 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 programmeLancashire cup competitionsInformation on local clubsWLSPE Events |
| Boys – Hockey and basketballGirls - 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 programmeLancashire cup competitionsInformation on local clubsWLSPE Events |
| Boys – Athletics, Striking and fieldingGirls – 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 programmeLancashire cup competitionsInformation on local clubsWLSPE 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 meKnowledge 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 meKnowledge 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. |