Subject	PE	Year Group	8

	Rotation 1			
	Badminton	**Trampolining**	**Handball**	**Netball**
Purpose of scheme	**Year 8 Purpose: Developing Tactical Application The purpose of the Year 8 curriculum is to transition from individual skill mastery to the purposeful application of tactics within a team or performance unit. Students will Know more complex positional roles and tactical concepts, such as "outwitting an opponent" in Badminton or using space in Football. They are challenged to Show these skills under increased pressure, moving from simple drills to competitive game-like situations. Our goal is to Grow their ability to communicate and cooperate effectively as part of a unit. Assessment focuses on the transition from Developing to Secure and Confident; an Excelling student in Year 8 is one who consistently makes the correct tactical decision during live play to influence the game.**			
Knowledge in sequence	Know singles court markings - Know how to perform short and long serves - Know how perform under arm clear - Know how to perform an overhead clear - Know how to perform a drop shot - Know all rules to play singles Know appropriate shot to select in a competitive situation.	Shapes and seat landings with twists Front landing Creating a routine from these movements	Know what a moving pass/catch is in Handball - know how to keep possession -Know how to dribble in handball under pressure. -Know how to perform a running shot in handball. -Know the rules of handball to 7 aside game - Know the principle of defending the area	- Know what a pivot is - Know how to dodge, feint/sprint - Know the rules of contact/obstruction - Know the rule of replaying - Know how to reoffer - Know who marks who in a game
Skills (SHOW)	- Show a good quality serve using correct rules - Show a good quality underarm clear in a structured rally - Show a good quality overhead clear in a structured rally. - Show a good quality drop shot in isolation. - Show good positioning on court. - Show basic knowledge to officiate a game.	Show Shapes and seat landings with twists Front landing Creating a routine from these movements	-Show what a moving pass/catch is in Handball -show how to dribble in handball under pressure. -Show how to perform a running shot in handball. -Show the rules of handball to a basic 7 aside game - Show good defensive positioning	Show the pivot in footwork and a small game - Show a dodge in isolation and a small game - Show shooting technique - Show marking in a game - Show small sided games with some rules. - Show a 1/2 court game
Key words	Short serve, flick serve, Scoring zones, Clear shots	Control, height, basic shapes, seat landings, feedback.	Defensive shape, drop back, travel and double dribble, give and go.	Pivot, dodging, feint dodge, re-offer, marking
End point	To know more of the keys rules of badminton and to be able to play a range of shots with some accuracy in a competitive situation..	Be able to perform a 10 bounce routine including the basic shapes, twists and seat landing progressions.	Be able to perform the skills under pressure and apply rules and basic defending strategies in a 7aside game.	Pupils will be able play a small game of netball using correct footwork and passing choices and demonstrating the ability to defend and attack
Assessment Methods	Pupils are assessed on their knowledge of the skills, rules, tactics in a sport, Their ability to Show and perform the skills and their ability to grow, this includes team work, leadership and their physical fitness efforts.			

	Rotation 2			
	Basketball	**HRF**	**Football**	**Dance**
Knowledge in sequence	-Know how to do a chest pass, and bounce pass and why each one is used - Know how to dribble the ball effectively using either hand - Know how to set shot and jump shot in a pressurised situation - Know how to defend in a 2v1 situation -Know how to attach as a team/use space	Know 11 major muscles Know how to train for strength and endurance Know how to train 11 major muscles with a range of different exercises.		-Know how to complete a dance specific warm up. - Know what makes a dance performance successful. - Know how to define cannon, unison & accumulation. - Know how to use cannon, unison & accumulation in basic choreography.
Skills (SHOW)	show a chest pass and a bounce pass in the correct scenario Show how to dribble using dominant and non dominant hand how the set shot and jump shot in a pressurised situation how you can can defend effectively in a 2v1 situation Show you can attack with good use of space	Muscle Movements Weight training strength vs endurance. Use of free weights	Short passing effectively under pressure Dribbling with both feet Shooting from angles Understand and show jockeying Attacking scenario 3v2 game play to outwit opponent Max 5 aside games	-Show that you can perform basic choreography with an understanding of what makes a dance performance successful. -Show that you can create choreography including a confident use of cannon, unison and accumulation. - Show that you can give effective feedback on peers dance performances. - Show that you can confidently act on feedback to improve your own dance performance.
Key words	Double Dribble, , Jump shot Shot, Attacking position	Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Resistance , ALL muscular names from GCSE SPEC, Bicep, Tricep etc.	Jockeying, block tackle, pass and move, space, support play	Choreography, performance, cannon, unison, accumualtions
End point	To be able to apply the 3 key rules in a game situation and simple skills in a pressurised situation	Know a range of methods of training and be able to complete a training programme as structured by the teacher	To be able to do the key skills under pressure and know how to attack and defend in small sided situations.	To be able to learn and create a dance routine utilising key choreographic devices.

	Rotation 3					
	Table Tennis	**Orienteering**	**Rugby**	**Athletics**	**Rounders**	**Cricket**
Knowledge in sequence	Know why we would serve to different areas on the table - Know how to play the forehand backspin shot - Know how to play a backhand backspin shot - Know how to play the forehand smash shot - Know all rules to play singles	Know how to orientate a map of the school (10-20 points) - Know more symbols on a map. - Know how to plan a basic route. - Know how to complete orienteering competitively.	Know how players support their teammates to pass - Know that passing on the move improves performance - Know how to restart the game after a tackle -Know how contact is used in Rugby (pads) - Know when to pass backwards in a competitive 2v1 situation -Know how to structure a 3v3 tag game	- Know how to do a sprint start - Know the rules in starting in short/middle distance. - Know tactics in a race. - Know what pacing is required for certain times. . - Know how to do a relay change - Know how to hold a discus - Know the fosbury flop is in HJ - Know the phases of flight in LJ/TJ/HJ - Know how to perform the next stage in throwing events e.g. steps, shot putt turn (elbow).	- Know how to get an 'out'; stumped at 1st base, hit with ball, caught or tagged. - Know to keep one foot on the tape when batting. Know how to bat behind. - Know rules for bowling including no balls; height/width. - Know important relationship between bowler, back stop, 2nd base. - Know which base to throw to to reduce score. - Know how apply rules to a game situation.	- Know how and why to play a defensive shot in cricket with soft hands - Know how and why to play the straight drive - Know how to bowl overarm with a run up - Know the rules for bowling including no balls and wides - Know the rules of bowling including wides and one bounce, under waist height if full - Know how to use the pick up and throw when fielding
Skills (SHOW)	- Show a good quality serve to areas of the table - Show a good quality forehand backspin shot in isolation - Show a good quality backhand backspin shot in isolation - Show a good quality forehand smash shot in isolation - Show the knowledge to officiate a game	Show how to orientate a larger map that is much more complex including a map of the school. - Show you can follow a map to different points. - Show you can plan a basic route to follow. - Show you can successfully compete against others.	-Show how players support their teammates to pass -Show passing on the move -Show the play the ball skill - Show you can pass backwards in a 2v1 game - Show youcan structure a 3v3 tag game. - Show how contact is used in Rugby (pads)	- Show sprinting technique in a race - Show running the bend in 200m - Show pacing in a 800/1500m race - Show the discus technique - Show a relay changeover in a race - Show the fosbury flop/scissor technique in HJ. - Show the correct technique in shot, javelin. - Show an appropriate warm up for specific athletic events	- Show batting in different directions. - Show underarm bowling with speed. - Show underarm and overarm fielding to different bases. - Show you can run effectively inside the bases to score. - Show effective use of long barrier in isolation. - Show effective decision making when feilding to prevent high scores. - Show knowledge of rules and tactics in a game situation.	- Show the ability to play a defensive shot in cricket in isolation - Show the straight drive shot in isolation - Show the ability to bowl overarm with a run up - Show the ability to umpire and play a small sided game with wides and no balls - Show the ability to use the pick up and throw when fielding in a drill
Key words	Ready position, push shot, top spin, back spin, serve	Orientate, symbols, course	Passing, Handling, Running with ball, evade defender	Sprint start, race tactics, pacing, fosbury flop, changeover	Stumped out, tagged, no ball, long barrier, game tactics	- Teamwork - Communication - Resilience - Leadership - Respect - Self-Confidence
End point	To know more of the keys rules of table tennis and to be able to play a range of shots with spin.	To be able to confidently orientate a map of the school and locate the 20 orienteering points accurately in competitive situations.	be able to perform the key skills in Rugby in a pressurised situation	Be able to take part in a range of athletic disciplines with effort and competition. Know how to perform a range of techniques.	To know more of the keys skills and rules of rounders and play a larger scale adapted game.	To know why we play different types of shots when batting and understand more complex bowling rules including no balls and wides.
Assessment Methods				Pupils are assessed in a run, throw and jump!		