



SUBJECT: PHYSICAL EDUCATION, SPORT & DANCE

Year Group	Year 8					
Rationale:	<p>'Broadening Sporting Experiences' - Building on previous 'physical' skills taught in year 7, learners will access a high-quality physical education curriculum that inspires pupils of all abilities to succeed and excel in physical activity. The curriculum will expand opportunities for pupils to develop and acquire skills in order to improve physical confidence and mental confidence, through a wider range of physical activities. We aim to place pupils in situations where they can transfer core and advanced skills from one activity to another in order to deepen understanding, increase exposure and provide new experiences in their PE lessons.</p>					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Knowledge:	Topic/Unit:			Topic/Unit:		
	<p>Badminton Serving/return of serve/overhead clear smash</p> <p>Football Long passes/shooting/marketing attack/defence</p> <p>Rugby Kicking/scoring/tackle (side)/attack/defence</p>		<p>Hockey Passing/receiving/dribbling/tackling</p> <p>Table Tennis Top spin/back spin/attack/defence</p> <p>Trampolining Shapes/twists/seat landings</p>		<p>Athletics – Track Starting & Finish-ing Leg action Stride Pattern</p> <p>Athletics – Field Jumps - sync arms & legs flight</p> <p>Throws – follow through angle of release cross/glide/ run-up</p>	
	<p>Gymnastics Partner jumps/full weight balances Difficulty of routine/Spatial awareness</p> <p>Hockey Slap passing/Indian dribble/attack/defence</p> <p>Netball Passing/dodging/shooting/attack/defence</p>		<p>Trampolining Front landing/back landing/combinations/routines</p> <p>Badminton Serving/return of serve/overhead clear smash</p> <p>Dance Control/flexibility/balance/action Content/dynamic content</p>		<p>Striking & Fielding Fielding Bowling Batting</p>	
Skills	<ul style="list-style-type: none"> ▪ Practical skills - Learners will demonstrate core and advanced skills with control in isolation, conditioned and competitive practice situations for their different activities. ▪ Decision making skills – Learners will use their knowledge to solve problems and plan/.devise tactics in order to apply skills to a variety of situations. ▪ Reflective/Analytical skills – Learners will learn to evaluate their own and their peers performances, whilst offering constructive feedback in order to improve performance. ▪ Officiating skills - Learners will have the knowledge of the basic rules and methods of scoring. ▪ Leadership skills Learners will be given opportunities to apply on fair play/team work and lead individual groups in warm-up activities and skill rehearsal practices. ▪ Social skills – Learners will be placed in situations where they will need to show sportsmanship, respect, cooperation, empathy, team spirit, inclusion and excellence. ▪ Communication skills – Learners will be given opportunity to develop verbal, non-verbal and signalling/gestures through practical and feedback tasks. 					
Assess-ments	<ul style="list-style-type: none"> ▪ Pupils will be assessed at the end of an activity (unit of work). The teacher will report a Head, Heart and Hands level in each activity. ▪ These pathways will be averaged and then contribute to their overall 'ME in PE' score. This will be compared to their target pathway to monitor progress. ▪ Pupils will also be given an AtL grade after each activity. 					
	Head	Heart	Hands			
	<p>Your knowledge and understanding in PE</p> <ul style="list-style-type: none"> ▪ Create & Plan – You create ideas and use this and devise tactics. ▪ Evaluate & Analyse – You identify strengths and weaknesses and suggest improvements. 	<p>Your awareness of fitness in PE</p> <ul style="list-style-type: none"> ▪ Assess & Monitor – You identify your current fitness levels and what you need to do to improve. ▪ Commit & Improve – You work hard and push yourself to improve fitness levels. 	<p>Your practical ability in PE</p> <ul style="list-style-type: none"> ▪ Acquire & Develop – You learn and improve skills in a variety of different activities. ▪ Select & Apply – You use the skills to impact performance in different situations. 			