

Year 8 Curriculum Map : Physical Education

	Autumn	Spring	Summer
Assessment Objectives	<p>AO1 – Demonstrate skills, techniques and tactics/strategies to use space effectively</p> <p>AO2 – To provide leadership and coaching feedback to evaluate and improve performance</p> <p>AO3 – To apply knowledge of techniques, key terminology and rules & regulations to specific sporting and physical activities.</p>		
Unit Length	8 lessons per sporting activity	8 lessons per sporting activity	8 lessons per sporting activity
Key Learning Outcomes	<p><u>Badminton-</u></p> <ol style="list-style-type: none"> 1. What is the flick serve, what is it' trajectory and where should it land? 2. How can I attack from my serve? 3. What technique can I use to attack space at the rear of the court? 4. What techniques can be used to attack space when mid court? 5. How can I dominate the rally? 6. What are the line markings for doubles? 7. What tactics can I use with my partner is doubles? 8. How can I officiate a doubles match? <p><u>Netball-</u></p> <ol style="list-style-type: none"> 1. How do we pass and move? 2. How to create space in a competitive situation- 3. What methods can we use to outwit our opponent? 4. How do we shoot the ball? 5. What is an umpire and what do they do? 6. What are the rules of netball? 7. How do I mark effectively? <p><u>Football-</u></p> <ol style="list-style-type: none"> 1. How do we pass and move? 2. Why do we use width of the pitch? 3. What methods can we use to turn with the ball? 4. How do we cross the ball? 5. What is a volley and can we score with a volley? 	<p><u>Fitness</u></p> <ol style="list-style-type: none"> 1. Explain the exercise on breathing rate 2. Explain the effects of exercise on the heart rate 3. Explain what maximum heart is linking to target zones 4. Boxercise linking to bones of the body 5. Circuit Training through the health components of fitness links to muscles 6. Circuit Training through the skill components of fitness links to bones and muscles 7. Games end ball/football identifying skill and health components of fitness <p><u>TAG Rugby</u></p> <ol style="list-style-type: none"> 1. What methods are there to move the ball? 2. How do I pass effectively? 3. How can I receive the ball? 4. How do I attack space with movement? 5. What methods can I use to score? 6. How can I create space? <p><u>Basketball</u></p> <ol style="list-style-type: none"> 1. How do I effectively move with the ball and transfer possession to a team mate? 2. Which methods of shooting can I use to score a basket when stationary? 3. Which methods of shooting can I use to score a basket when in motion attacking space in the key? 4. What technique/skill should I use in the key to make the correct decision? 5. How can I maximise the opportunity for success when attacking in the key? 6. When should man to man or zone defence be used? 	<p><u>Cricket-</u></p> <ol style="list-style-type: none"> 1. What bowling skills do I need to develop to be an effective bowler? 2. How can you use the straight, drive on and off? 3. How can you use the forehand, cut and pull shots? 4. Fielding skills Long Barrier and field positions 5. Fielding skills Role of the wicketkeeper 6. How can I implement team fielding tactics? 7. How can I make the right decision? <p><u>Athletics-</u></p> <ol style="list-style-type: none"> 1. How can we maximise our sprint start speed? 2. How can I increase sprint speed? 3. How can I pace my longer distance runs? 4. What effect does momentum have on our throws? 5. What can I do in jumping events to maximise my distance? <p><u>Rounders-</u></p> <ol style="list-style-type: none"> 1. Know the types of bowl and how/why bowlers use changes of speed. 2. Know and understand the batting technique/ apply to a drill and competitive situation. 3. Know how and apply batting placement to attack space and outwit opponents/ introduce back hand where appropriate. 4. Applying fielding techniques accurately and consistently to a competitive situation. 5. Know and apply the correct throws/catches to a scenario to increase fielding success 6. Know and apply the fielding tactics

	<p>6. What methods are there to beat an opponent? 7. How do I mark effectively?</p>	<p>7. Which methods can I demonstrate my progression and application of linking skills together to outwit opponents in a competitive situation?</p>	<p>7. Know and apply rules/ tactics with consistency to outwit the opponents.</p> <p><u>Gymnastics</u></p> <ol style="list-style-type: none"> 1. How can we use the key features of a gymnastics routine? 2. How can we perform a variety of more complex skills? 3. How do we link individual/partner/group balances? 4. How can we maximise our technique? 5. How can we assist in the learning of others with feedback? 6. How do we successfully link a routine? 7. How can we maximise our scoring of a routine?
Prior knowledge	<p>Students have previous studied these sporting activities in Y7 with the overarching concept of “attacking space.” Please refer to Y7 curriculum map for prior focus of lessons</p>	<p>Students have no previous knowledge of these sporting activities in Y7. Students have looked at use of and identification space, teamwork and fundamental skills and concepts in other sporting activities to adopt in these sporting activities, i.e. moving with the ball, shooting, transferring possession, marking and defending.</p>	<p>Students have previous studied these sporting activities in Y7 with the overarching concept of “attacking space.” Please refer to Y7 curriculum map for prior focus of lessons</p>
CEIAG Specific careers links	<p>Officiating Sports coaching Performance Analyst</p>	<p>Officiating Sports coaching Performance Analyst Choreographer Fitness Instructor Nutritionist Strength & Conditioning Coach</p>	<p>Officiating Sports coaching Performance Analyst</p>
RRSA	<p>Article 28- right to education Article 29- goals of education Article 31- leisure, play and culture</p>	<p>Article 13- freedom of expression Article 28- right to education Article 29- goals of education</p>	<p>Article 28- right to education Article 29- goals of education</p>
Cross curricular links	<p>DT- trajectory of an item Maths- angles and trajectory Physics- forces and movement</p>	<p>Physics- forces and movement Hospitality- nutritional components Science- Muscles and bones of the body, heart rate values</p>	<p>DT- trajectory of an item Maths- angles and trajectory Physics- forces and movement, speed distance and time</p>
Useful websites/videos	<p>Badminton England The Nation’s Favourite Racket Sport 15 Key Soccer Skills - How to Achieve Success in Football Ertheo</p>	<p>The Treated.com Complete A-Z of Gym and Fitness Terms Rugby union tackling techniques - Rugby union - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize</p>	<p>The Fundamental Skills of Cricket - Cricketer's Choice (cricketerschoice.com) 10 Basic Rules of Rounders Simple Guide for Beginners (theukrules.co.uk)</p>

	Netball standing shot - Netball - essential skills and techniques - GCSE Physical Education Revision - AQA - BBC Bitesize	Basketball Skills: 7 every player should be working on (redbull.com)	Hurdles in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize 37 Essential Gymnastics Moves, Explained: Gymnastics Skills List - 2022 - MasterClass
Wider Reading			
Literacy Programme	<ul style="list-style-type: none"> • Decode it NOW • Literacy keywords • Oracy of the use of keywords relevant to the lesson 	<ul style="list-style-type: none"> • Decode it NOW • Literacy keywords • Oracy of the use of keywords relevant to the lesson 	<ul style="list-style-type: none"> • Decode it NOW • Literacy keywords • Oracy of the use of keywords relevant to the lesson
Independent Learning Tasks	Attendance at extra-curricular clubs Knowledge Organiser practice Questions.	Attendance at extra-curricular clubs Knowledge Organiser practice Questions.	Attendance at extra-curricular clubs Knowledge Organiser practice Questions.