

Physical Education Year 8 Curriculum Overview



Year 8 Overview

All students continue to cover a variety of sporting areas to develop their overall competence and understanding of sport. All lessons encourage students to be active participants in sport, both in and outside of school and aim to embed the importance of following a healthy and active lifestyle. Students will revisit sports covered in year 7: netball, football, basketball, badminton, dance/gymnastics, orienteering, striking and fielding, athletics, to further develop skills, knowledge and understanding in them. New sports will also be introduced: hockey and handball, which build on the fundamental games skills they covered in year 7. Students will have the opportunity to work collaboratively to experiment with strategies and tactics as they develop their game play, and understanding rules for officiating in a range of sports.

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Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
<p style="text-align: center;">1-6 (Autumn 1)</p>	Football	<p>In this unit, students will focus on developing the basic skills and rules of Football. Students will use the skills from Year 7 of how to pass the ball correctly, attack and defend in small competitive situations but focusing on being able to apply these skills into conditioned games. Students will apply some of the rules of football into the conditioned games.</p>	<p>Students will be assessed on their ability to complete the different basic skills for Football. Students will be assessed against the grading criteria on their ability to complete the different skills in small competitive games.</p>
	Netball	<p>In this unit, students will look to develop the basic skills in isolation in Netball. Students will focus on the different types of passing, how to shoot correctly and start to develop their footwork. Students will start to focus on applying these skills into small competitive games effectively whilst adhering to the rules of Netball.</p>	<p>Students will be assessed on their ability to complete the different basic skills for Netball and being able to apply them effectively in competitive situations. Students will be assessed against the grading criteria on their ability to complete the different skills in small competitive games.</p>
	Rugby		<p>Students will be assessed on their ability to pass, tackle and follow some of the basic</p>

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	<p>Orienteering and Outdoor Activities</p>	<p>improvement. Students will develop movements and use creativity to develop a fluent dance sequence. Students will compose and perform a dance sequence showing an understanding of style, artistic intention and accompaniment.</p> <p>The year 8 students follow a three-week block of orienteering in small groups and the skills developed such as teamwork, leadership, problem solving and then developed further within the curriculum through all the other sporting activities students are involved in through the key stages. They will learn how to read 4 and 6 figure grid references, plot their own courses and complete competitive time-based courses.</p>	<p>assessment. Students will be able to evaluate their own and others strengths and weaknesses through the use of video analysis and apply their changes into an effective sequence demonstrating the techniques.</p> <p>Students will be assessed on their accuracy of getting to locations quickly but also being able to plot their map accurately. Use of four figure and six figure grid references will be used to help analyse where each station is, which will allow students to correctly navigate their way on the course.</p>
<p>14-18 (Spring 1)</p>	<p>Basketball Handball</p>	<p>In this unit students will focus on developing team attacking and defending strategies and techniques using a set of core skills. Students will experience a range of skill variations with intent to outwit the opposition. Develop a sound knowledge of positions and rules surrounding footwork, contact, lay-up and dribbling. Students should begin to analyse performances and adapt elements to improve.</p>	<p>Students to be assessed against the grading criteria for each section. Students will be assessed on whether they can perform a task in isolation (Passing a ball with a partner) before they looking to see if this can be</p>

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			replicated in a competitive situation with pressure applied.
19-24 (Spring 2)	Hockey	In this unit, students will look to develop the basic skills in isolation in Hockey. Students will focus on the different types of passing, how to shoot correctly and dribble using the hockey stick. Students will apply these skills into small sided games whilst learning some of the rules (Offside, zones, and foot rule).	Students will be assessed on their ability to pass, dribble and shoot as well as being able to follow some of the basic rules of Hockey in small groups. Students to be assessed against the grading criteria for each section.
25-30 (Summer 1)	Athletics	In this unit, students will begin to use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Students develop their understanding of fitness, different body systems and their relationship to performance. Students will perform and improve core skills and personal/team bests in relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity.	Students will develop the skills necessary to compete and achieve in a number of athletic events. Students will be able be assessed on Long and Triple Jump, Shot Put, 100m, Relay, 400m, Discus and Javelin with their best three scores being

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			taken as their grading score for this unit of work. Students are being assessed against the KS3 grading criteria.
31-38 (Summer 2)	Striking and fielding Cricket Rounders	In this unit students focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Students will develop the ability to place the ball in a target area and refining game strategies with the intention of outwitting an opponent. Students will develop confidence in movement and test mental capacity through scoring and officiating games.	Students will develop the skills necessary to compete and achieve in Striking and Fielding. Students will be able to be assessed on their ability to bowl the ball using correct technique, their fielding and catching, their knowledge on the rules of the game and their ability to play a range of shots. To move up the grading criteria, this would be also shown in a competitive situation.