

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 recall how to deliver a 3 stage warm up. Pupils will build on the basic skills and knowledge developed in year 7. Students will learn how to pass the ball over longer distances, attack and defend in isolation as well as being able to apply these skills into small, conditioned games. Students will also begin to focus on team styles of play and develop an understanding of positions in 11 v 11 matches.</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 more complex skills in isolation and within games. Students will focus on the different types of passing, how to shoot correctly, how to dodge and move into space. They will learn how to mark 1-1 and how to defend space. Students will apply these skills into full netball games whilst developing elements of tactics and strategy.</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>In this unit, students will focus on developing the basic skills and rules of Rugby league. Students will learn how to pass the ball correctly, learn to drag and pass to create space and outwit defenders. Students will learn how to tackle, using correct technique in isolation and small sided games. Know how to 'play the ball' after being tackled and how to use the 6 tackles to the attacking team's full advantage.</p>	<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>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>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>19-24 (Spring 2)</p>	<p>Basketball</p> <p>Parkour</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>In this unit, students will be given the chance to encounter acceptable risks as part of a stimulating, challenging and controlled learning environment. By incorporating parkour into our PE lessons, pupils will understand that play and movement forms a fundamental part of their health, wellbeing and social life.</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 replicated in a competitive situation with pressure applied.</p>

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<p>25-38 (Summer 1 and 2)</p>	<p>Athletics</p> <p>Striking and fielding Cricket Rounders</p>	<p>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.</p> <p>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.</p>	<p>Students will develop the skills necessary to compete and achieve in a number of athletic events. Students will be able to be assessed on Long and Triple Jump, Shot Put, 100m, Relay, 400m, Discus and Javelin with their best three scores being taken as their grading score for this unit of work. Students are being assessed against the KS3 grading criteria.</p> <p>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.</p>

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