



Curriculum map - Year 8 PE

YEAR 8	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC(s)	Skills (Hands) Adapt and apply skills Improving fitness Developing tactics and strategies	Skills (Hands) Adapt and apply skills Improving fitness Developing tactics and strategies	Effective Thinking (Head) Creating and planning Understanding rules Evaluating performance	Effective Thinking (Head) Creating and planning Understanding rules Evaluating performance	Empowering Character (Heart) Communication in teamwork Identifying resilience Developing leadership skills	Empowering Character (Heart) Communication in teamwork Identifying resilience Developing leadership skills

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What students will know	<p>Football</p> <p>How to pass and control the ball using different parts of the foot</p> <p>Zone defence tactics.</p> <p>Know how to accurately strike the ball towards goal</p> <p>Netball</p> <p>Decision making of use of skills of passing shooting and appropriate footwork for each situation within drills and game play.</p> <p>How to outwit and defend opponents using fake and sprint dodge effectively.</p> <p>The positions in netball 7 aside and their tactical roles in attack and defence to play a full court game effectively.</p>	<p>Handball</p> <p>Overarm throwing technique.</p> <p>How to control the ball with one hand.</p> <p>How to shoot using the 3 step rule</p> <p>Where to stand when defending and attacking</p> <p>Know how to move the ball to keep possession when attacking.</p> <p>HRF</p> <p>How to set up an 8-10 station circuit</p> <p>Why we should increase intensity during an activity.</p> <p>Know what muscular endurance is.</p> <p>Know how to take Heart rate and what happens when we exercise.</p> <p>Know what aerobic endurance is.</p> <p>Know the different methods of training to improve muscular endurance and aerobic endurance.</p>	<p>Dodgeball</p> <p>How to throw the ball using a sling technique</p> <p>How to throw the ball with speed.</p> <p>How to use blocking and shield tactics to outwit the opponent.</p> <p>Basketball</p> <p>How to control the ball when moving into a space</p> <p>How to control the ball when faced with an opponent</p> <p>How to use the chest pass and bounce pass when faced with an opponent</p> <p>How to position themselves when defending a player with the ball.</p> <p>How to take a set shot.</p> <p>How to use the triple threat position effectively.</p>	<p>Dance</p> <p>How to use levels, unison, canon, mirror, match and balance in a pairs/ small group dance.</p> <p>How to link different pathways in a dance routine to make it flow in time with the music.</p> <p>How to peer assess one another and recommend any improvements using dance terminology.</p> <p>How to use timing effectively throughout own planned performance.</p> <p>Badminton-</p> <p>How to hold the racquet with the correct grip for serving.</p> <p>Know what a rally is and how to play backhand underarm and net shots in pairs.</p> <p>How to score in full court singles game</p> <p>Know the rules, court markings and the basic tactics for full court singles.</p>	<p>Athletics</p> <p>Know how to execute a run up for the long jump</p> <p>Know how to start a 100m race in the most effective way</p> <p>Know how to execute a run up for the high jump</p> <p>Know how to throw the javelin and shot put with safe technique with a short run up.</p> <p>Know how to pace a long-distance event.</p> <p>Orienteering</p> <p>how to work as a pair to read a map</p> <p>how to thumb mark the map .</p> <p>Plan out the route before setting off.</p>	<p>Cricket</p> <p>How to play an attacking shot.</p> <p>Where to bowl the ball</p> <p>Know where to stand when fielding</p> <p>Table-Tennis</p> <p>How to position yourself to apply top spin/back spin/drive shot during a rally.</p> <p>Know the rules to serving and how to apply different spin when serving.</p> <p>Know when to use different shots during a game situation.</p> <p>Rounders-</p> <p>when to use an over arm throw when fielding.</p> <p>Know when to strike the ball or block the ball when batting.</p> <p>Know where to stand on the field to reduce the amount of runs the batter can achieve.</p> <p>Know where to bowl the ball to make it difficult for the batter to hit.</p>

<p>What students will be able to do</p>	<p>Football</p> <p>To pass the ball using the inside foot for a short pass. Use their laces to drive the ball over a longer distance on the ground.</p> <p>Control the ball using the inside, outside and sole of the foot.</p> <p>To defend in the correct position on the pitch.</p> <p>To use the inside of their foot to place the ball towards a corner of the goal.</p> <p>Netball-</p> <p>To demonstrate passing technique for chest, overhead and shoulder passes in moving drills becoming more demanding with defenders.</p> <p>To show correct catching technique using W hands and elbows in consistently.</p> <p>Demonstrate shooting technique and correct footwork techniques in moving practices including attempting the running pass.</p>	<p>Handball</p> <p>Demonstrate overarm throwing technique when passing to evade one opponent.</p> <p>Dribble the ball using one hand to move into space during a small, sided game</p> <p>Stand in the correct position when defending.</p> <p>Move towards the goal taking 3 steps before shooting.</p> <p>HRF</p> <p>To plan a circuit with different stations for upper and lower body exercises.</p> <p>Explain why increasing intensity can lead to improving fitness levels.</p> <p>Demonstrate how to take heart rate and explain what happens when we exercise to breathing rate.</p> <p>Explain what aerobic and muscular endurance is and demonstrate this by completing circuit training and continuous training.</p>	<p>Dodgeball</p> <p>Play within the rules and retrieve the ball during the opening rush.</p> <p>Demonstrate the sling technique when throwing the ball to hit a stationary target.</p> <p>Demonstrate spatial awareness on the court in game situations to move behind others and escape danger.</p> <p>Basketball</p> <p>To demonstrate how to get into a triple threat position.</p> <p>To be able to dribble the ball without losing control, try with both left and right hand.</p> <p>Protect the ball with control dribble when faced with an opponent.</p> <p>Demonstrate the cookie jar shooting technique for a set shot.</p> <p>Demonstrate the chest and bounce pass to move the ball past a defender.</p> <p>Demonstrate how to stand when defending a player with the ball.</p>	<p>Dance</p> <p>Demonstrate moving from low to high positions.</p> <p>Demonstrate moving at the same time/off set as a partner/small group with the same movement to match them or mirror them</p> <p>Demonstrate movements in time with the music/beat to perform a sequence that flows</p> <p>Demonstrate giving feedback to a partner/small group</p> <p>Badminton</p> <p>Demonstrate how to complete a rally with a partner using overhead clear, underarm and net shots.</p> <p>To demonstrate how to perform two types of serve using the correct forehand and back hand grip.</p> <p>Be able to explain and perform tactics when playing a game such as drop shots and long shots and be able to move the opponent left</p>	<p>Athletics-</p> <p>Demonstrate by striding out the number of steps required for an effective run up.</p> <p>Complete the run up making sure take off occurs on the platform.</p> <p>Demonstrate how to take the correct steps back during the shot put to generate power.</p> <p>Demonstrate how to take the correct steps to complete a short run up before releasing the javelin.</p> <p>Demonstrate how to start a sprint race with the most effective technique.</p> <p>Be able to complete a long-distance race without the need to stop running.</p> <p>Orienteering-</p> <p>Demonstrate how to problem-solve within a pair using map reading knowledge and existing knowledge of school grounds</p> <p>Be able to thumb the map and orientate themselves so they are facing the correct way</p>	<p>Cricket</p> <p>Demonstrate a hook/pull shot.</p> <p>Bowl the ball to the to the off side of the batter or straight in line with the stumps.</p> <p>Demonstrate the ability to stand in a position on the field ready to retrieve the ball and throw it back to the bowler.</p> <p>Table-Tennis –</p> <p>Demonstrate correct footwork and arm action to apply spin or a drive shot.</p> <p>Demonstrate different service shot.</p> <p>Demonstrate a top spin shot when the opposition is close to the table.</p> <p>Demonstrate a back spin shot when the opposition is away from the table.</p> <p>Demonstrate a drive to move the opponent left/right and set up a spin shot</p> <p>Rounders-</p> <p>Demonstrate overarm throwing and catching from short and long distance.</p>
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	<p>Show first and second stage defending in conditioned and full games.</p> <p>Play in different positions in a full game of 7 a-side netball following the rules of footwork, obstruction and contact, over a third and repossession.</p>			and right by selecting the correct shot.	Be able to complete the set course as in a competitive time against another pair	Explain and demonstrate bowling and batting techniques. Demonstrate fielding knowledge by standing in positions where the ball is likely to go by observing the batters position.
Beyond the classroom (Wider reading / Trips)	Extra-curricular clubs: Football/Netball Fixtures and festivals	Extra-curricular clubs: Handball Fixtures and festivals	Extra-curricular clubs: Dodgeball/Basketball Fixtures and festivals	Extra-curricular clubs: Dance/Badminton Badminton competitions Dance festival and schools' competition	Extra-curricular clubs: Athletics/Orienteering District Athletics and Orienteering festivals	Extra-curricular clubs: Cricket/Table Tennis/Rounders Fixtures and festivals