



Curriculum Map for Core PE Year 8

YEAR 8	<p style="text-align: center;">Autumn 1 & 2 Spring 1 & 2 Students rotate around the topics.</p>
Topics	Rugby, Gymnastics and Dance, Netball, Football, Basketball and Health Related Exercise
Declarative Knowledge – Knowing What To Do	<p>Invasion Games - Football, Basketball, Netball and Rugby</p> <ul style="list-style-type: none"> • Students will learn in football about the development of passing, turns and outwitting defenders, development of attack, shooting, defending strategies – jockeying, marking and positioning and small conditioned games. • Students will learn in basketball about dribbling, passing, shooting- standing and lay-up, officiating, rules and game play. • Students will learn in netball about passing, fundamental rules, conditioned games, movement on and off the ball, marking the player, rebounding, pass selection and set plays. • Students will learn in rugby about passing and catching (recap), tackling – recap of safety and technique, jackling, scrummaging- recap of safety and technique, rucking – pods system and boxing up, rolling maul, attacking principles – offloads, scissors, overlaps and conditioned games. <p>Aesthetic Performance - Gymnastics and Dance</p> <ul style="list-style-type: none"> • Students will learn in gymnastics about counter balancing, rolls – teddy bear and log, headstands, handstands, cartwheels, vaulting and sequencing. • Students will learn in dance about body tension, recap unison, cannon and motifs, Street dance and learn and perform the Haka. <p>Health Related Exercise</p> <ul style="list-style-type: none"> • Students will learn what aerobic and muscular endurance is, explore a variety of training methods such as strength and speed training, balance and co-ordination, flexibility, reaction time and power.
Procedural Knowledge – Knowing How To Apply The Declarative Knowledge	<ul style="list-style-type: none"> • Students will be able to perform skills in both non-competitive and competitive situations. • Students can work in small groups. • Listen and feedback to warm-up ideas. • Use work cards to set up drills and warm-ups. • Students use the fitness suite to explore the different training methods. • Students will apply the principles of attack and defence to game situations using the skills learnt, conditioned games will enable students to learn as they play.
Skills	<ul style="list-style-type: none"> • Students will gain an ability to use gym equipment safely and responsibly. • Students will further develop their: <ul style="list-style-type: none"> - Leadership Skills - Taking Small Group Warm-Ups - Communication Skills - Working in Pairs - Working Relationships Through Teamwork - Resilience - Evaluative Skills - Peer Assess Skills and Techniques - Decision Making Skills - Game Play Scenarios - Officiate in Small, Sided Games

Links To Prior Learning	<ul style="list-style-type: none"> • Students will build upon knowledge of all sports from Year 7. • Students may be outside school participating in sports clubs. • Students may be participating in extra-curricular school sport.
Literacy/ Numeracy	<ul style="list-style-type: none"> • Students will use numbers when scoring during tournaments • Students will use key words and terms • Students will work from booklets if unable to take part in the lesson • Students will be measuring using time. • Students will use oracy when giving feedback to others during lesson plenaries.
Cross Curricular	<ul style="list-style-type: none"> • Anatomy and Physiology - identify bones and muscles • Responding to music in dance and gymnastics • Use of imagination when creating dance and gymnastics routines. • Demonstrating Sportsmanship: <ul style="list-style-type: none"> - Enforce Rules and Follow the Officials' Decisions - Fair Play - Mixed Ethnic and Religious Classes - Mixed Gender Classes - Mixed Socio-Economic Classes - Sportsmanship (encouraged and rewarded) - Teamwork - Respecting Peers, Equipment, Staff etc. - Prevention of Discrimination - Responsibility for Actions (including own learning, others learning and equipment) • Kaleidoscope Questions Cover: <ul style="list-style-type: none"> - Winter Olympics - Sports Psychology - Type of Leader • Money in Sport
Assessment	<ul style="list-style-type: none"> • End of activity assessment using the PE assessment grid.

YEAR 8	Summer 1 & 2 Students Rotate Around The Topics
Topics	Cricket, Tennis, Rounders, Athletics and Softball
Declarative Knowledge – Knowing What To Do	<p>Striking and Fielding Games - Cricket, Softball, Rounders</p> <ul style="list-style-type: none"> • Students will learn in cricket the development of fielding – long barriers and throwing, catching from varying distances, development of batting – drive, cut and pull, bowling with different run up distances and game play. • Students will learn in softball about throwing and catching (recap), long barrier fielding, one handed retrieval, batting placement and backstop work. • Students will learn in rounders about the rules (recap), tactics, batting – develop technique and ball placement, speed and accuracy of bowling, catching and throwing, attacking and defending principles through game play. <p>Net Games - Tennis</p> <ul style="list-style-type: none"> • Students will learn the basic serves and strokes, backhand slice, smash, lob, serve development, volleying and game play. <p>Athletics - Track and Field Events</p> <ul style="list-style-type: none"> • Students will learn techniques in sprinting, hurdles, long distance running – 400m/800m/1500m, long jump, triple jump, javelin, shot putt and relay.

Procedural Knowledge – Knowing How To Apply The Declarative Knowledge	<ul style="list-style-type: none"> • Students will be able to perform skills in both non-competitive and competitive situations. • Students can work in small groups. • Listen and feedback to warm-up ideas. • Use work cards to set up drills and warm-ups. • Students will use skill cards to help with technique in the athletic field events. • Students will apply the principles of attack and defence to game situations using the skills learnt, conditioned games will enable students to learn as they play. • Use of coaches from outside agencies to help with the development of cricket.
Skills	<ul style="list-style-type: none"> • Students will gain an ability to use gym equipment safely and responsibly. • Students will further develop their: <ul style="list-style-type: none"> - Leadership Skills - taking small group warm-ups - Communication Skills - working in pairs/relays - Working Relationships Through Teamwork - Resilience - Evaluative Skills - peer assess skills and techniques - Decision Making Skills - game play scenarios - Officiating/Recording - track starting and recording results.
Links To Prior Learning	<ul style="list-style-type: none"> • Students will build upon knowledge of all sports from Year 7. • Students may be outside school participating in sports clubs. • Students may be participating in extra-curricular school sport.
Literacy/ Numeracy	<ul style="list-style-type: none"> • Students will be measuring and timing during athletics events. • Students will be asked to research Olympic records • Students will use numbers when scoring during cricket game play • Students will use key words and terms • Students will work from booklets if unable to take part in the lesson • Students will be measuring using time. • Students will use oracy when giving feedback to others during lesson plenaries.
Cross Curricular	<ul style="list-style-type: none"> • Anatomy and Physiology • Demonstrating Sportsmanship: <ul style="list-style-type: none"> - Enforce Rules and Follow the Officials' Decisions - Fair Play - Mixed Ethnic and Religious Classes - Mixed Gender Classes - Mixed Socio-Economic Classes • Kaleidoscope Questions Cover: <ul style="list-style-type: none"> - Sports Psychology - Summer Olympics - Type of Leader • Money in Sport
Assessment	<ul style="list-style-type: none"> • End of activity assessment using the PE assessment grid.