



# Physical Education Year 8 Curriculum Map

YEAR 8	Autumn	Spring	Summer
Curriculum Content	<p style="text-align: center;"><b>Football</b></p> <p><b>Composite: Developing skills in football to become competent in a small sided game, demonstrating a knowledge of more advanced rules and tactics.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>Developing passing-using inside and outside of foot</li> <li>Developing dribbling- outwitting an opponent using turs</li> <li>Developing strategic and tactical play- attack</li> <li>Developing shooting skills- adjusting shot selection</li> <li>Developing defensive strategies</li> <li>Outwitting an opponent during match play</li> </ul> <p style="text-align: center;"><b>Basketball</b></p> <p><b>Composite: Acquire and understand how to use basic skills of basketball to play a small sided game, demonstrating a knowledge of the basic rules.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>Developing dribbling skills</li> <li>Developing passing skills</li> <li>Developing shooting skills- set shot</li> <li>Developing shooting skills- use of the backboard</li> <li>Refining footwork skills</li> <li>Developing defensive skills- man-to-man defence</li> <li>Evaluating performance in basketball- skills circuit</li> </ul> <p style="text-align: center;"><b>Badminton</b></p> <p><b>Composite: Developing skills in badminton to become competent in singles game, demonstrating a knowledge of more advanced rules and tactics.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>Developing the forehand high serve</li> <li>Acquiring the overhead clear</li> <li>Developing the high serve and overhead clear in a conditioned game</li> <li>Developing skill learned so far in a number of fun games</li> <li>Acquiring the drop shot</li> <li>Taking part in a class tournament</li> <li>Evaluating performance in badminton</li> </ul> <p style="text-align: center;"><b>Handball</b></p> <p><b>Composite: Acquire and understand how to use basic passing, moving and dodging skills to play small-sided and full-sized games.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>Developing passing skills- overhead, bounce, side and underarm</li> <li>Developing catching skills</li> <li>Developing passing and receiving on the move</li> <li>Developing shooting skills</li> </ul>	<p style="text-align: center;"><b>Trampolining</b></p> <p><b>Composite: To learn, develop and embed individual moves on the trampoline and perform them in a routine.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>Components of fitness required for trampolining</li> <li>Recap on basic shapes and basic drops</li> <li>Recap on more complex drops- front drop</li> <li>Developing more complex drops- back drop</li> <li>Sequence work- building up to a 10 bounce routine with fluency</li> <li>Evaluating my performance in trampolining</li> </ul> <p style="text-align: center;"><b>Fitness</b></p> <p><b>Composite: To work independently to carry out a variety of fitness tests, evaluating strengths and areas for improvement.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>What is continuous training? 12 minute run/ aerobics</li> <li>What is Interval training? Pyramid run</li> <li>What is fartlek training? Cardio machines in the gym</li> <li>What is weight training/resistance training?</li> <li>Leading a circuit training session</li> <li>Carry out and evaluate your fitness session</li> </ul> <p style="text-align: center;"><b>Dodgeball</b></p> <p><b>Composite: Acquiring and developing skills in dodgeball to become competent in a full-sized game, demonstrating a knowledge of basic rules and tactics.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>Developing catching skills through drills and games</li> <li>Developing throwing skills through drills and games(power)</li> <li>Developing accuracy</li> <li>Developing strategic and tactical play- attack</li> <li>Developing defensive strategies</li> <li>Dodgeball tournament and evaluation of performance</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <p><b>Composite: To develop the skills required to take part in athletics</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>Middle distance event- 1000m</li> <li>Explosive leg power event- high jump (scissors kick), hurdles</li> <li>Strength and power events- shot-putt, discus, javelin</li> <li>Sprinting events- 200m, relay</li> </ul> <p style="text-align: center;"><b>Rounders</b></p> <p><b>Composite: Developing skills in rounders to become competent in a full rounders match, demonstrating a knowledge of more advanced rules and tactics.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>Selecting a variety of different throws in different situations, demonstrating pace and accuracy.</li> <li>Developing catching skills to stop players from scoring a rounder</li> <li>Developing batting skills to avoid getting out</li> <li>Developing bowling skills by varying pace and height</li> <li>Applying tactics- attack vs defence</li> <li>Playing a competitive match, evaluating the performance of the team</li> </ul>

	<ul style="list-style-type: none"> <li>• Introduction to full sized game</li> <li>• Demonstrating skills, knowledge and understanding in a full game</li> </ul> <p style="text-align: center;"><b>Rugby</b></p> <p style="text-align: center;"><b>Composite: Develop the basic skills of rugby to participate in a number of small-sided games.</b></p> <p><b>Components:</b></p> <ul style="list-style-type: none"> <li>• Leading warm up activities for rugby</li> <li>• The value of warming up and cooling down</li> <li>• Developing simple running and ball carrying skills</li> <li>• Developing passing and running skills</li> <li>• Exploring mauling techniques</li> <li>• Exploring rucking techniques</li> <li>• Exploring simple tackling techniques with safety and control</li> <li>• Linking passing, running and tackling skills showing precision, control and fluency</li> </ul>		
<b>Prior knowledge and skills (from previous year / key stage)</b>	<p>Passing and receiving skills  Basic principles of attack and defence  Outwitting an opponent  Basic racquet skills  Knowledge of rules and basic tactics in badminton and football  Knowledge of court/ pitch markings</p>	<p>Passing and receiving skills  Principles of attack and defence  Basic shapes and landings- trampolining  Components of fitness- stamina, muscular endurance, balance, agility, power  Accuracy and power- badminton</p>	<p>Techniques and skills acquired for each of the athletics events  Throwing, catching, batting and fielding skills  Timing and measuring</p>
<b>Core Knowledge Organiser content</b>	<p>The skeletal system- cranium, clavicle, scapula, humerus, ribs, vertebrae, pelvis, carpals, ulna, radius, metacarpals, phalanges, patella, femur, fibula, tibia, tarsals, metatarsals,  Joints- ball and socket, hinge joints</p>	<p>Methods of training- continuous, interval, fartlek, weight, HIIT, circuit</p>	<p>The short and long term effects of exercise on the body and mind- breathing rate, body temperature, heart rate, sweat, bone density, components of fitness, recovery rate, resting heart rate, confidence, self-esteem, stress, concentration, sleep.</p>
<b>Assessment Objectives</b>	<p><i>Practical skills will be assessed after each unit.  Knowledge will be assessed every term.</i></p> <p><b>Football:</b> Demonstrate a variety of skills in a small sided game situation, showing precision, control and fluency. Demonstrate a knowledge of the rules and more advanced tactics.</p> <p><b>Badminton:</b> Demonstrate how to play a singles match against a number of opponents showing an understanding of the rules, more advanced tactics and scoring system.</p> <p><b>Basketball:</b> Demonstrate a variety of skills in a small sided game situation, showing precision, control and fluency. Demonstrate a knowledge of the rules and basic tactics.</p> <p><b>Handball:</b> Acquire and understand how to use basic skills of handball to play a small sided game, demonstrating a knowledge of the basic rules.</p>	<p><i>Practical skills will be assessed after each unit.  Knowledge will be assessed every term.</i></p> <p><b>Trampolining:</b> Demonstrate a 10-bounce routine including basic shapes, a basic and a more complex drop, justifying the structure of the routine.</p> <p><b>Fitness:</b> Take part in different methods of training. Design and carry out a circuit training session using a variety of equipment.</p> <p><b>Dodgeball:</b> Demonstrate a variety of skills in a small-sided game situation, showing precision, control and fluency. Demonstrate a knowledge of the rules and basic tactics.</p>	<p><i>Practical skills will be assessed after each unit.  Knowledge will be assessed every term.</i></p> <p><b>Athletics:</b> Complete a number of athletics events, comparing scores with peers and year group. Demonstrate a knowledge of more advanced rules for each event.</p> <p><b>Rounders:</b> Demonstrate a variety of skills in a full game of rounders, showing a good knowledge of more advanced rules and tactics.</p>
<b>Vocabulary / Key Subject Terminology</b>	<p><b>Badminton-</b> overhead clear, long serve, drop shot, defensive, attacking  <b>Basketball-</b> dribbling, travelling, double dribble, carrying, basket, rebound  <b>Handball-</b> chest pass, bounce pass, side pass, overhead pass, dribble, travel  <b>Football-</b> possession, covering, interception, marking, tackling, attacking</p>	<p><b>Trampolining-</b> tuck, pike straddle, seat drop, swivel hips, front drop, backdrop  <b>Fitness-</b> interval, continuous, fartlek, weights, resistance, reps, sets flexibility, speed, power.  <b>Dodgeball-</b> attack, defence, catching, power, agility, throwing, strength</p>	<p><b>Athletics-</b> pacing, middle distance, sprinting, power, javelin, discus, shot putt, relay, scissor kick, baton  <b>Rounders-</b> accuracy, base, technique, batting, backstop, bowler, release. extend</p>

<b>Assessment 1</b>	<b>AP1- written assessment:</b> <ul style="list-style-type: none"> <li>• The skeletal system</li> <li>• Joints and movement</li> </ul>	<b>AP1- written assessment:</b> <ul style="list-style-type: none"> <li>• The methods of training</li> </ul>	<b>AP1- written assessment:</b> <ul style="list-style-type: none"> <li>• The short and long term effects of exercise upon the body and mind.</li> </ul>
<b>Cross Curricular Links with other Faculties</b>	The skeletal system-science and health and social care Physiological responses to warming up- science Benefits of exercise- PSHCE- health and well-being	Calculating a tariff in trampolining- mathematics Components of fitness- PSHE Exercise to music- dance	Measuring and timing- mathematics Angles- mathematics Striving for excellence/ determination- RE Mental well-being- PSHCE Muscular system- science
<b>Extra-Curricular Offer</b>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Badminton</li> <li>• Basketball</li> <li>• Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Trampolining</li> <li>• Football</li> <li>• Badminton</li> </ul>	<ul style="list-style-type: none"> <li>• Athletics</li> <li>• Rounders</li> <li>• Softball</li> </ul>
<b>Time Allocation</b>	Orienteering- 1 lesson per week- 8 weeks Badminton- 1 lesson per week- 8 weeks Netball- 1 lesson per week- 7 weeks	Trampolining- 1 lesson per week- 6 weeks Fitness- 1 lesson per week- 6 weeks Dodgeball- 1 lesson per week- 6 weeks	Athletics - 1 lesson per week- 10 weeks Rounders- 1 lesson per week- 6 weeks