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| **Year 8 – Physical Education** | | | |
| **Curriculum intent** | The year 8 curriculum is designed to enhance and progress the student’s ability in the range of sports and activities focussed on in Year 7 to create a greater depth of skills, knowledge and understanding. The Year students will also be working on new activities and sports. Each student will embed their understanding of rules and regulations, tactics and health related components. Students will be focusing on how to have an active and healthy lifestyle and continue a fair play focus. | | |
| **Term** | **Carousel 1 (Autumn)** | **Carousel 2 (Spring)** | **Carousel 3 (Summer)** |
| **Knowledge** | Students will continue to develop their understanding of how to play/show/use specific basic shots/techniques  Students will further develop their understanding of rules and regulations in a range of individual and team games implementing them with more consistency.  Students will develop an understanding of basic tactics in team and individual activities and sports  The students will develop their ability to lead a warm up in pairs and small groups – taking the lead more often.  Students will develop knowledge and understanding of training methods. | Students will continue to develop their understanding of how to play/show/use specific basic shots/techniques  Students will further develop their understanding of rules and regulations in a net game or team game. Learners will develop an understanding of tactics in team and individual net games.  Students will develop an understanding of a range of Dance traditions and how to safely balance and use flight in gymnastics. They will develop an understanding in creating dance motifs and gymnastic sequences  Learners will work on their respect when watching others performing.  The students will develop their ability to lead a warm up in groups  Students will develop knowledge and understanding of training methods. | Students will continue to develop their understanding of how to play/show/use specific basic shots/techniques  Students will develop an understanding of how to play and officiate a striking and fielding game and athletic events.  They will understand how to officiate, measure and record different athletic activities with greater accuracy.  They will continue to focus on Fair play in strike and field and athletic activities and build resilience through leadership  The students will develop their ability to lead a warm up in groups in different activity areas  Students will develop knowledge and understanding of training methods. |
| **Skills** | **Netball/Handball/Football** – re-focus and improve basic skills - Passing, dribbling, shooting, control of ball  Applying them more consistently and with greater control in challenges and games  **Leadership** – developing communication skills, organisation skills a team ethic and resilience to complete challenge. Pupils will lead an event working towards a RSHS or Sports Leadership award. | **Football –** improve consistency of Y7 skills and apply them in challenges and games  Developing Passing – driven/long and short, shooting for accuracy and tackling  **Badminton -** building on basic skills in Y7 the serve, overhead shots and applying them more consistently and with control in challenges and games  Developing new skills High serve and smash  **Dance**  Replicate a range of traditional and historical actions, creating their own actions in that style  Create motifs, improve, perform and evaluate  **Gymnastics**  Develop balance and flight in gymnastics. Developing creating, performing and evaluating their techniques | **Athletics** – developing running technique over different distances, sprint starts and relay change overs working on smooth transitions. Developing throwing technique Sot Putt (push) and the Discus (sling)  **Strike and field**  students will develop the skills needed to play competitive games in rounders or cricket  Throwing and catching with more consistency  Bowling techniques  Batting/Hitting for accuracy  Umpiring skills – know basic laws |
| **Assessments** | Topic overview at the end of each activity using the PE 8 can statements  Students will be baseline assessed (in game activities) to support groupings  Students will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE 8 can statements  Students will be baseline assessed (in game activities) to support groupings  Students will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE 8 can statements  Students will be baseline assessed (in game activities) to support groupings  Students will be formatively assessed through the unit using the ‘Can’ statements |
| **Enrichment** | Extracurricular clubs  Netball  Football  Badminton  Table Tennis  Trampolining | Extra-curricular clubs  Football / Futsal  Basketball  Table Tennis  Dodgeball | Extra-curricular clubs  Cricket / Softball  Rounders  Badminton  Trampoline clubs  Basketball |