

Year 8 ~ Curriculum Map for PE

The intent of the year 8 PE curriculum is for students to further develop their performance, character and wellbeing of, and through, a wide variety of sports and activities. That will encourage students to leave and live a healthy, active lifestyle.

Generally delivered during terms 1-4 groups will cover each activity but at different times.												Delivered during terms 5&6		
Activities:		Activities:		Activities:		Activities:		Activities:		Activities:				
Invasion Games	Aim of A&R	Basketball/Net Games	Aim of A&R	OAA	Aim of A&R	Gym/Fitness	Aim of A&R	Athletic Activities	Aim of A&R	Striking & Fielding Activities	Aim of EoY exam			
'Big idea(s)' / fundamental concepts	Further develop knowledge and performance of technical aspects, key skills techniques, and tactics, rules and fitness aspects across a range of invasion games.	Further develop knowledge and performance of technical aspects, key skills techniques, and tactics, rules and fitness aspects across a range of net games and basketball.		Further develop teamwork, communication and problem solving skills and key concepts of working as a team.		To accurately replicate skills linking them across gymnastics and trampolining and to develop knowledge of technical aspects, key skills techniques and tactics. Develop understanding of fitness, how it is monitored, tested and improved.		Further develop the knowledge and technical aspects for maximum output & performance across a range of athletic events.		Further develop the fundamentals of skills, techniques and tactics for performance in a range of S&F activities.				
Knowledge to be learnt	How to; travel, send and receive, retain possession, create scoring opportunities, regain possession, prevent goal scoring opportunities and apply tactics to game situations. Components of fitness that are important for the activity. Developing knowledge of rules. Knowledge of some tactics. How to analyse.	For basketball see invasion games. How to; serve, play a variety of strokes, outwit opponents, create scoring opportunities and apply tactics. Components of fitness that are important for the activity. Developing knowledge of rules. Knowledge of some tactics. How to analyse.		How to; work as a team, understand different roles, the best way to solve problems, the importance of communication and safety when performing. Components of fitness that are important for the activity. How to analyse performance.		How to; be safe during gymnastic activities, develop a variety of skills, the important of aesthetics, how to develop routines, components of fitness important to perform the activities. Developing knowledge of rules. Knowledge of some tactics. How to analyse.		How to; pace for distance, jump for height, pull/sling/throw for discus/javelin, sprint for time, jump for distance and push throw for shot. Developing knowledge of rules. Knowledge of some tactics. How to analyse performance.		How to; strike a ball, throw & catch a ball, field effectively and bowl. Developing knowledge of rules. Knowledge of some tactics. How to analyse performance.				
Key vocabulary	Skill, techniques, tactics, perform, apply, communicate, describe, commitment, intensity, coordination, confidence, link, control, combine, advanced, rules, motivate, engagement, discussion, self-belief, health, wellbeing, engagement, discussion, self-belief, health, officiate, role, outwit, analyse, retain, regain, pass, receive, space, attack, defence, tactics and formation etc.	For basketball see invasion games. Skill, techniques, tactics, perform, apply, communicate, describe, commitment, intensity, coordination, confidence, link, control, combine, advanced, rules, motivate, engagement, discussion, self-belief, health, engagement, discussion, self-belief, health, wellbeing, role, outwit, analyse, team, discuss, roles, leader, listen, hold, belay map navigate etc.		Skill, techniques, tactics, perform, apply, communicate, describe, commitment, intensity, coordination, confidence, link, control, combine, advanced, rules, motivate, engagement, discussion, self-belief, health, wellbeing, role, outwit, analyse, team, discuss, roles, leader, listen, hold, belay map navigate etc.		Skill, techniques, tactics, perform, apply, communicate, describe, commitment, intensity, coordination, confidence, link, control, combine, advanced, rules, motivate, engagement, discussion, self-belief, health, engagement, discussion, self-belief, health, wellbeing, role, outwit, analyse, and judge. Activity specific e.g body tension, roll, turn, twist, support, aesthetic, sequence etc.		Skill, techniques, tactics, perform, apply, communicate, describe, commitment, intensity, coordination, confidence, link, control, combine, advanced, rules, motivate, engagement, discussion, self-belief, health, engagement, discussion, self-belief, health, wellbeing, role, outwit, analyse, Specific for each event Eg. Sprint start, acceleration, pace/speed, push, pull, twist, explosive, measure, time etc.		Skill, techniques, tactics, perform, apply, communicate, describe, commitment, intensity, coordination, confidence, link, control, combine, advanced, rules, motivate, engagement, discussion, self-belief, health, wellbeing, officiate, role, outwit, analyse, hit/strike, bowl, throw – underarm/overarm, running and fielding, strike, base, cover, wicket, run, score, no ball etc.				
The role of reading and comprehension	Questions and key words. Technique cards Basic rules	Questions and key words. Technique cards Basic rules		Questions and key words. Challenge cards/sheets Map reading Scenarios		Questions and key words. Technique cards Routine cards Monitoring sheets Scenarios		Questions and key words. Technique cards Peers/self-assessment Basic rules		Questions and key words. Recording/observation sheet. Basic rules				
The role of independent extended writing														
The role of maths/ numeracy	Scoring systems. Teams/groups Data Timing	Scoring systems. Teams/groups Data Timing		Groups Timings Distances Climbs		Sequences Timings Groups Distances Target zones Pulse rates		Measuring / units Timing Distances Data		Scoring systems Timing Data				
Links to careers/ aspirations	Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst.	Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst.				

Core skills	To be able to: Perform basic skills with evolving advanced skills. - Passing - Receiving - Dribbling - Defending - Attacking - Shooting - Tackle - Intercept - Teamwork - Tactics Officiating Leadership Coaching/Analysing Fitness	To be able to: For basketball see invasion games. Perform basic skills with evolving advanced skills - Forehand serve - Backhand serve - Forehand drive - Backhand drive - Overhead clear - Tap - Tactics Officiating Leadership Coaching/Analysing Fitness	To be able to: Develop: Teamwork, problem solving and performance. - Communication - Map reading - Climbing - Working as a team - Traversing - Climbing - Running Leadership Coaching/Analysing Fitness	To be able to: Perform basic skills with evolving advanced skills. - A variety of jumps - Twists - Seat drop - Back drop - ¼ somersault - Cradle - Turntable - Balances - Rolls - Forms of travel - Exercised for a prolonged period of time Leadership Coaching/Analysing Fitness	To be able to: Perform basic skills with evolving advanced skills. - Sprinting - Pacing - Throwing - Jumping - Linking actions for jumps/throws - Tactics Officiating Leadership Coaching/Analysing Fitness	To be able to: Perform basic skills with evolving advanced skills. Develop: Performance with growing control and precision. - Striking a ball - Bowling a ball - Fielding eg. Backing up - Throwing – underarm/catch-up - Catching - Positioning - Running - Work as a team - Tactics Officiating Leadership Coaching/Analysing Fitness
Dept. enrichment activities	Extra-curricular terms 1-4 Kent School Games	Basketball extra-curricular terms 2&3. Net games extra-curricular terms 1-6 Basketball trip Kent School Games	OAA Extra-curricular terms 1-6	Trampolining extra-curricular 1-4	Extra-curricular – Summer (terms 5&6) Indoor athletics - Kent School Games	Extra-curricular – Summer (terms 5&6) Cricket trip to watch Kent play
	Morning mentor sports leader training, leading SGO events and Kent School Games. 'This Girl Can' afterschool club Skating Physical activity initiatives Ski trip Wellbeing Tasks using Teams Channels					
Home learning opportunities	Go and watch live performances Play sports/activities during spare time. Watch some of: - 7-10 th April Golf Masters - 27 th June- 10 th July Wimbledon	Go and watch live performances Play sports/activities during spare time. Watch some of: - 27 th June- 10 th July Wimbledon	Try outdoor pursuits in own time. Go on walks, try to read a map.	Do exercise in own time Watch some of: - Gymnastics World Championships 29 th October-6 th November 2022	Go and watch live performances Go running during spare time. Watch some of: - World athletics championships 15 th – 24 th July 2022	Go and watch live performances Play sports/activities during spare time. Watch some of: - Cricket World Cup October- November