

The role of maths/ numeracy	Scoring systems. Teams/groups Data Timing		Scoring systems. Teams/groups Data Timing		Groups Timings Distances Climbs		Sequences Groups Target zones Pulse rates	Timings Distances		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. <ul style="list-style-type: none"> - Passing - Receiving - Dribbling - Defending - Attacking - Shooting - Tackle - Intercept - Teamwork - Tactics - Retaining - Regaining Officiating Leadership Coaching/Analysing Fitness		To be able to: For basketball see invasion games. Perform basic skills with evolving advanced skills <ul style="list-style-type: none"> - Forehand serve - Backhand serve - Forehand drive - Backhand drive - Overhead clear - Net Kill - Drop Shot - Dig - Set - Tap - Tactics Officiating Leadership Coaching/Analysing Fitness		To be able to: Develop: Teamwork, problem solving and performance. <ul style="list-style-type: none"> - Communication - Map reading - Climbing - Working as a team - Traversing - Climbing - Running - Problem solving - Bouldering Leadership Coaching/Analysing Fitness		To be able to: Perform basic skills with evolving advanced skills. <ul style="list-style-type: none"> - A variety of jumps - Twists - Seat drop - Back drop - ¼ somersault - Cradle - Turntable - Balances - Rolls - Rotations - Forms of travel - Applying yourself to the fitness tasks set Leadership Coaching/Analysing Fitness		To be able to: Perform basic skills with evolving advanced skills. <ul style="list-style-type: none"> - 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. <ul style="list-style-type: none"> - Striking a ball - Bowling a ball - Fielding eg. Backing up - Throwing – underarm/catch-up - Catching - Positioning - Running - Work as a team - Tactics - Pitching - Sprinting - Batting/striking Leadership Coaching/Analysing Fitness	
Dept. enrichment activities	Extra-curricular terms 1-4 Rugby trip – Premiership final Kent School Games		Basketball extra-curricular terms 2&3. Net games extra-curricular terms 1-6 Basketball trip Kent School Games Tennis coach as part of EC.		OAA Extra-curricular terms 1-6		Trampolining extra-curricular 1-4 Kent School Games			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											
Home learning opportunities	Go and watch live performances Play sports/activities during spare time.		Go and watch live performances Play sports/activities during spare time. Watch some of: - Wimbledon		Try outdoor pursuits in own time. Go on walks, try to read a map. Looking into Guides, Scouts, etc.		Do exercise in own time Watch some of: - Gymnastics Championships			Go and watch live performances Go running during spare time. Watch some of: - Athletics Championships		Go and watch live performances Play sports/activities during spare time. Watch some of: - Cricket World Cup

Year 8~ Curriculum Map for PE – Single Lessons

The aim of the year 8 curriculum is for students to further develop their skills, knowledge and understanding of, and through, a wide variety of sports and activities whilst also promoting a love of learning and healthy active lifestyles.											
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:	
Fitness	Aim of A&R	Basketball	Aim of A&R	Football/ Rugby/Netball	Aim of A&R	Striking and Fielding	Aim of A&R	Athletics Running	Aim of A&R	Leadership	Aim of EoY exam
'Big idea(s)' / fundamental concepts	To investigate the role of fitness within sport. To understand what fitness is and basic methods to train it. Looking at variety of components of fitness and their role in performance. Discussing the importance of day to day exercise for well-being	To have a developing knowledge of technical aspects, key skills techniques, tactics, rules and fitness aspects required for basketball.	To explore the role of teamwork and communication whilst working as a team to complete tasks. To begin to think creatively to solve problems. To Look at the fundamental rules across football, rugby and netball. Develop and understanding of each type of pass across the three sports.	To explore game-based situations relating to batting, fielding, sending and receiving. To begin to use a variety of different techniques in game-based situations.	Developing the knowledge and technical aspects for maximum output & performance required for running events.	Develop an understanding of the qualities required to be an effective leader. Organisational skills to plan and for pupils to explore and identify their teaching styles					
Knowledge to be learnt	What is fitness, why it is important and how it impacts on our lifestyles. How to use pulse rates to measure fitness and how these change during activity. Recap target zones to improve different aspects of fitness and how to measure these and the effects they have on the body. Discussing the role in developing sports performance.	How to travel, send and receive correctly, creating scoring opportunities. Linking passing and dribbling. Beating opponents, learning rules and team play. Developing shooting skills.	How to; work as a team, understand the different roles within a team and the best way to solve problems. Developing our knowledge of rules and regulations of the three sports. To develop our understanding of how to send a receive in a variety of different ways and identify which are more effective. How we can impact the success of the team. The ability to link tactics to outwit our opponents.	How to use a range of transferable skills effectively across various sports; including coordination, agility and speed. How to apply these skills to various game situations. How to analyse the use/impact of these within the game.	How to; pace for distance and sprint for time. How to break down the race into different sections and manage these. Setting them the challenge to run a certain time. Developing Knowledge of basic rules. Developing Knowledge of basic tactics. Continue to perform a basic analysis.	What types of communication there are and how they are use as a leader? What is the importance of this and how can it influence the quality of leadership? What the qualities of a leader are, what makes a good or bad leader? How to plan and lead a small activity. Being able to demonstrate and organise through specific sports. To be able to make group decisions and lead by example.					
Key vocabulary	<u>Assessment targeted vocabulary:</u> begin/primarily, basic/simple, skills, techniques and tactics, comment, strengths, areas to improve, performance, coordination, timing. Recognise/identify, respect, confidence, determination. Engage/positively, tasks, discussions, health, wellbeing, apply, contribute, discuss. <u>Topic specific vocabulary:</u> Fitness, pulse rates, target zones, aerobic, anaerobic, muscular endurance healthy active lifestyles, energy balance, warm ups, pulse raising, stretching, joint mobilisation, target heart rate, maximum heart rate, power, reaction time etc.	<u>Assessment targeted vocabulary:</u> begin/primarily, basic/simple, skills, techniques and tactics, comment, strengths, areas to improve, performance, coordination, timing. Recognise/identify, respect, confidence, determination. Engage/positively, tasks, discussions, health, wellbeing, apply, contribute, discuss. <u>Topic specific vocabulary:</u> Link, control, rules, officiate, role, retain, regain, outwit, analyse, describe, pass, dribble, receive, dribble, space, attack, defence, tactics, formation, etc.	<u>Assessment targeted vocabulary:</u> begin/primarily, basic/simple, skills, techniques and tactics, comment, strengths, areas to improve, performance, coordination, timing. Recognise/identify, respect, confidence, determination. Engage/positively, tasks, discussions, health, wellbeing, apply, contribute, discuss. <u>Topic Specific Vocabulary:</u> Shoulder pass, chest pass, bounce pass, special awareness, defending, attacking, pivot, replay, positioning, shoulder, set, bounce shots, center pass, marking, side pass, chip pass, driven, lofted pass, first touch, control, pressing, depth, possession, jockeying, backwards pass, tackling, underarm throw, rucking, mauling, drop kick, line out, touchline, try, knock on.	<u>Assessment targeted vocabulary:</u> begin/primarily, basic/simple, skills, techniques and tactics, comment, strengths, areas to improve, performance, coordination, timing. Recognise/identify, respect, confidence, determination. Engage/positively, tasks, discussions, health, wellbeing, apply, contribute, discuss. <u>Topic specific vocabulary:</u> Skill, techniques, tactics, perform, apply, communicate, describe, commitment, intensity, coordination, confidence, link, control, combine, advanced, rules, motivate, officiate, role, outwit, analyse,, hit/strike, bowl, throw – underarm/overarm, running and fielding, strike, base, cover, wicket, run, score, no ball, pitching, determination, retrieving, , health, well-being, respect, sportsmanship	<u>Assessment targeted vocabulary:</u> begin/primarily, basic/simple, skills, techniques and tactics, comment, strengths, areas to improve, performance, coordination, timing. Recognise/identify, respect, confidence, determination. Engage/positively, tasks, discussions, health, wellbeing, apply, contribute, discuss. <u>Topic specific vocabulary:</u> Sprint start, acceleration, pace, speed, explosive, time, drive, head, arms, body, legs, stride, steady, body clock, targets, resilience, determination, etc.	<u>Assessment targeted vocabulary:</u> begin/primarily, basic/simple, skills, techniques and tactics, comment, strengths, areas to improve, performance, coordination, timing. Recognise/identify, respect, confidence, determination. Engage/positively, tasks, discussions, health, wellbeing, apply, contribute, discuss, decision making, refereeing <u>Topic specific vocabulary:</u> Leadership, communication, verbal, non verbal, demonstrations, qualities, behaviours, skills, techniques, qualities, role model, organised, confidence, control, adaptability, etc					
The role of reading and comprehension	Objectives and key words. Task sheets/teaching cards. Basic rules/regulations used within tasks. Peer/self-assessment.	Objectives and key words. Task sheets/teaching cards. Basic rules/regulations used within tasks. Peer/self-assessment.	Objectives and key words. Task sheets/teaching cards. Basic rules/regulations used within tasks. Peer/self-assessment.	Objectives and key words. Task sheets/teaching cards. Basic rules/regulations used within tasks. Peer/self-assessment.	Objectives and key words. Task sheets/teaching cards. Basic rules/regulations used within tasks. Peer/self-assessment.	Objectives and key words. Task sheets/teaching cards. Basic rules/regulations used within tasks. Peer/self-assessment.					

The role of independent extended writing	N/A		N/A		N/A		N/A		N/A		N/A
The role of maths/ numeracy	Scoring systems. Teams/groups. Normative data. Timing.		Scoring systems. Teams/groups Angles for shots/passes.		Scoring systems. Teams/groups. Problem solving. Angles for problems.		Scoring systems. Teams/groups. Normative data. Timing.		Measuring/units. Timing/distances. Normative data. Angles of arms/legs.		Scoring systems. Teams/groups. Timing.
Links to careers/ aspirations	Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst etc.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst etc.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst etc.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst etc.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst etc.		Participant, official, coach, leader, educator, tactician, analyst, fitness trainer, data analyst etc.
Core skills	To be able to develop an understanding of: - Fitness - Fitness requirements - How to measure fitness - The link between health and fitness - Pulse rates - Target pulse rates - Energy balance - Aerobic zones - Anaerobic zones - Warm ups - Cool downs Within sport, through: - Tasks - Gameplay - Coaching - Leadership - Fitness test - Peer/self-analysis		To be able to develop performance, including: - Passing (chest and bounce) - Receiving - Dribbling - Defending (man marking) - Shooting (set shot, jump shot and layup) - Intercepting - Rebounding - Teamwork - Tactics/formations Within basketball, through: - Tasks - Gameplay - Officiating - Leadership - Coaching - Peer/self-analysis - Isolated skill practices - Counter attacking		To be able to demonstrate and discuss topics including: - Passing - Shooting - Attacking - Defending - Positioning - Dodging - Tackling - Intercepting - Possession - Pressure - Team communication - Netball Shots (passing and shooting) - Court positioning - Half court press - Zoning - Footwork - Obstruction - Depth - Jockeying - Shape - Rucking - Mauling - Try - Lineout		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 - Pitching - Sprinting - Batting/striking Leadership Coaching/Analysing - Fitness		To be able to develop performance of key aspects of athletics running, including: - Sprinting - Sprint starts - Leg drive - Arm drive - Head, arm, body and leg positions - Pacing - Breathing - Tactics - Resilience/determination to finish the race - Changeover times - Progression Within athletics running, through: - Tasks - Races - Leadership - Coaching - Self/peer analysis		To be able to demonstrate and discuss topics including: - Communication (verbal and non verbal) - Demonstrations - Problem solving - Qualities of a leader (confidence, role model, resilience, control, organisation, awareness, adaptability etc) - Leadership of a small task (plan, lead and review) - Decision making - Listening - Patience Within sport, through: - Tasks - Planning sessions - Leadership - Coaching - Self/peer analysis
Dept. enrichment activities	Extra-curricular terms 1-4 (particularly fitness suite) Kent School Games		Extra-curricular terms 1-6 (particularly basketball during terms 2&3) District basketball fixtures Basketball trip Kent School Games		Extra-curricular terms 1-6 (School teams (rugby, football, netball		Extra-curricular terms 1-6 (particularly fitness suite) Kent School Games		Extra-curricular terms 5&6 (particularly athletics club) Indoor athletics - Kent School Games District Athletics fixtures		Extra-curricular terms 1-6 (particularly OAA club) Kent School Games leadership opportunities Mentor Sports leadership opportunities
Morning mentor sports leader training, leading SGO events and Kent School Games Extracurricular programme YST / Sport England initiatives (including 'This Girl Can' and 'Lifestyle Champions') Various trips to sporting events when applicable (including British Basketball Finals, Cricket World Cup, Women's Football, Rugby Super Cup etc)											
Home learning opportunities	Go and watch live performances. Play sports/activities during spare time. Watch major sports events e.g. Olympics, World Championships etc.		Go and watch live performances. Play sports/activities during spare time. Watch major sports events e.g. NBA games, British Finals etc.		Go and watch live performances. Play sports/activities during spare time. Watch major sports events e.g. Olympics, X Games etc. Local sports clubs		Go and watch live performances. Play sports/activities during spare time. Watch major sports events e.g. Olympics, World Championships etc.		Go and watch live performances. Play sports/activities during spare time. Watch major sports events e.g. Olympics, World Championships etc.		Go and watch live performances, focus on coaches and officials. Play sports/activities during spare time. Volunteer to be a leader for the KSG/Morning Mentor Sports. Watch major sports events e.g. Olympics, World Championships etc.