

Year 8 Core PE

Curriculum intent	In year 8 PE students will explore and develop knowledge of different forms of movement, applied in varying contexts, and developing in complexity. Complex motor movements are broken down into component knowledge and the short- and long-term benefits of participation, preparation and recovery from activity are explored. Healthy participation and the factors affecting individual participation and how to participate in activity and sport beyond timetabled lessons is promoted. They will be able to analyse their own and others performance and compare it to previous performances and will participate in cricket, basketball, badminton, football, Outdoor Adventurous Activities ~(OAA) (orienteering), Dance and Athletics and rotate around these sports in 8 lesson blocks. For each activity/sport students are taught the activity conventions, motor skills, rules, regulations, strategies and tactics to enable participation are taught and practised, they can articulate and demonstrate these in action and analyse their performance and others whilst understanding and applying healthy participation. Lessons include realistic 'purposeful play' related practices where appropriate, e.g. modified game-based activities to develop and consolidate year 7 skills and knowledge in a particular technique.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	8- 1 OAA / Dance 8- 2 Netball/ Outdoor Adventurous Activities ~(OAA) 8-3 Dance/ Pickleball Students will develop their understanding of sports, they will goal set and apply smart targets to maximise their performance in sports. Netball – Students develop hand-eye co-ordination developed knowledge of passing, shooting, defending, footwork, court, signal for rules. Pickleball	8- 1 Football/ Pickleball 8- 2 Football/ Dance 8- 3 Football/ Netball Students will become key players They will show resilience and will not give up on a task or activity and be a consistent role model to others. Netball – Students develop hand-eye co-ordination developed knowledge of passing, shooting, defending, footwork, court, signal for rules. Pickleball Students develop stance, footwork, grip,	8-1 – Cricket/ Netball 8- 2 Pickleball/ Cricket 8- 3 Outdoor Adventurous Activities ~(OAA) / Cricket Students will understand the primary rules, fundamental skills, and tactical problems associated with each sporting category and will become literate in a variety of games, activities and sports. Netball – Students develop hand-eye co-ordination developed knowledge of passing, shooting, defending, footwork, court, signal for rules. Pickleball	8-1 – Cricket/ Netball 8- 2 Pickleball/ Cricket 8- 3 Outdoor Adventurous Activities ~(OAA) / Cricket Students will understand the primary rules, fundamental skills, and tactical problems associated with each sporting category and will become literate in a variety of games, activities and sports. Netball – Students develop hand-eye co-ordination developed knowledge of passing, shooting, defending, footwork, court, signal for rules.	8-1 Athletics 8- 2 Athletics 8- 3 Athletics Students will gain skills and knowledge to apply to different sports by playing a variety of games associated with the use of a range tactics and strategies to overcome opponents through small teams and individual games. Athletics Students develop knowledge and understanding of an - effective throw, refinement of technique, understand the rules regarding the	8-1 Athletics 8- 2 Athletics 8- 3 Athletics Students will take an active role within lessons to be independent learners to help improve further. They will evaluate tactics and strategies and analyse decisions that influence gameplay and outcomes. Athletics Students develop knowledge and understanding of an - effective throw, refinement of technique, understand the rules regarding the throw and landing and pacing and

	Netball Skills focus on hand-eye co-ordination i.e. passing, shooting, defending 1V1 Pivoting, chest pass and travel rules, shoulder pass, bounce pass Pickleball Skills include cross serve, zones on the court, overhead clear, how to outwit opponent to win rally. General racket control and development, starting a rally, rallying, basic shots, basic scoring OAA Skills include physical conditioning – focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Dance Skills include to continue to develop action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) and understand and apply ASDR.	Netball Skills focus on hand-eye co-ordination i.e. passing, shooting, defending 1V1 Pivoting, chest pass and travel rules, shoulder pass, bounce pass Dance Skills include to continue to develop action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) and understand and apply ASDR. Form, twisting, basic shapes, combinations and exploring genres of dance. Football Foot-eye co-ordination for football i.e. passing, shooting, positions, formations, tactics, controlling the ball, dribbling, shooting and turning with the ball further developed with effective decision making in small sided games and full games.	OAA Physical conditioning – focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Netball Skills focus on hand-eye co-ordination i.e. passing, shooting, defending 1V1 Pivoting, chest pass and travel rules, shoulder pass, bounce pass Pickleball Skills include cross serve, zones on the court, overhead clear, how to outwit opponent to win rally. General racket control and development, starting a rally, rallying, basic shots, basic scoring Cricket Skills focus on the back lift and step in batting, leading to playing specific shots such as the defensive and straight drive and bowling with the correct line.	OAA Physical conditioning – focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Netball Skills focus on hand-eye co-ordination i.e. passing, shooting, defending 1V1 Pivoting, chest pass and travel rules, shoulder pass, bounce pass Pickleball Skills include cross serve, zones on the court, overhead clear, how to outwit opponent to win rally. General racket control and development, starting a rally, rallying, basic shots, basic scoring	Athletics Skills include effective throw, refinement of technique, understand the rules regarding the throw and landing and pacing and rules in track events. Application of rules in athletics. Skills will show some control and the transfer of technique between events for example, crouch start in sprinting, run up and glide technique in throwing events. They also develop officiating skills to help them improve on their technique.	Athletics Skills include effective throw, refinement of technique, understand the rules regarding the throw and landing and pacing and rules in track events. Application of rules in athletics. Skills will show some control and the transfer of technique between events for example, crouch start in sprinting, run up and glide technique in throwing events. They also develop officiating skills to help them improve on their technique.
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	turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) and understand and apply ASDR. Form, twisting, basic shapes, combinations and exploring genres of dance.	Jockeying, lofted pass, variety of turns, man to man marking, corners and free kick development, heading. Pickleball Cross serve, zones on the court, overhead clear, how to outwit opponent to win rally. General racket control and development, starting a rally, rallying, basic shots, basic scoring		Cricket Skills focus on the back lift and step in batting, leading to playing specific shots such as the defensive and straight drive and bowling with the correct line.		
Assessments	MATS The practical classwork of students will be assessed to check the level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	MATS The practical classwork of students will be assessed to check the level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	MATS The practical classwork of students will be assessed to check the level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	MATS The practical classwork of students will be assessed to check the level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	MATS The practical classwork of students will be assessed to check the level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task	MATS The practical classwork of students will be assessed to check the level of understanding and use of practical skills. Assessment points will be held on lesson 7 of the block before the rotation of activities. Mastery Recall Task
Curiosity	Oldham Eagles Basketball Team: https://oldham-eagles-basketball-club.business.site	https://hydeschoolofdance.co.uk/ https://www.britishorienteering.org.uk/ British Dance Council:	Centre Stage Academy of Dance and Fitness: http://centrestage-dance.com/ Active Ken Ward: https://www.activetameside.com/centre/active-ken-ward/	The Football Association: https://www.thefa.com/about-football-association Glossop Leisure Centre:	Mottram Cricket Club: https://www.mottramcricketclub.co.uk/ England and Wales Cricket Board:	British Athletics: https://www.britishathletics.org.uk/about-us/ England Athletics: https://www.englandathletics.org/athletics-and-

Glossop Leisure Centre: https://www.leisurecentre.com/glossop-leisure-centre <u>Mottram Cricket Club:</u> https://www.mottramcricketclub.co.uk/ <u>England and Wales Cricket Board:</u> https://www.ecb.co.uk/about Wednesday after school sports enrichment clubs Wednesday KS3 Dance Club	https://www.britishdancecouncil.info/ Wednesday after school sports enrichment clubs Wednesday KS3 Dance Club Tameside X Country	Oldham Eagles Basketball Team: https://oldham-eagles-basketball-club.business.site Curzon Ashton Football Club: https://www.curzon-ashton.co.uk/ Wednesday after school sports enrichment clubs Wednesday KS3 Dance Club	https://www.leisurecentre.com/glossop-leisure-centre Wednesday after school sports enrichment clubs Wednesday KS3 Dance Club Whole School Dance Production	https://www.ecb.co.uk/about Wednesday after school sports enrichment clubs Wednesday KS3 Dance Club NSSW- Hikes	https://www.ecb.co.uk/about Wednesday after school sports enrichment clubs Wednesday KS3 Dance Club Tameside Athletics School Sports Day Whole School Production
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