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Curricul um 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	
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Autumn 1 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

Netball -

sports.

Students develop handeye co-ordination developed knowledge of passing, shooting, defending, footwork, court, signal for rules.

Pickleball

Autumn 2 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 coordination developed knowledge of passing, shooting, defending, footwork, court, signal for rules.

Pickleball

Students develop stance, footwork, grip,

8-1 - Cricket/ Netball

Spring 1

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

Spring 2

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 handeye co-ordination developed knowledge of passing, shooting, defending, footwork, court, signal for rules.

Summer 1 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

Summer 2

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

Students develop stance, footwork, grip, serve, volley movement around the court, stretching/bending for a shot, serving (forehand), basic forehand clear technique and rallying. Dance Students develop knowledge and understanding of action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) jumping. stretching, bending. 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	serve, volley movement around the court, stretching/bending for a shot, serving (forehand), basic forehand clear technique and rallying Football Knowledge and understanding of foot-eye co-ordination for football i.e. passing, shooting, positions, formations, tactics, controlling the ball, dribbling, shooting and turning with the ball Dance Students develop knowledge and understanding of action steps and co-ordination (travel, step, turn, balance, stillness) performance skills (projection and facial expressions) musicality (tempo, speed and timing) jumping. stretching, bending.	Students develop stance, footwork, grip, serve, volley movement around the court, stretching/bending for a shot, serving (forehand), basic forehand clear technique and rallying Cricket Students to develop their skills to include retrieval of a ball and aiming at the wickets 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 and running.	Pickleball Students develop stance, footwork, grip, serve, volley movement around the court, stretching/bending for a shot, serving (forehand), basic forehand clear technique and rallying Cricket Students to develop their skills to include retrieval of a ball and aiming at the wickets 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 and running.	throw and landing and pacing and rules in track events.100m/200m, 800m, 1500m, high jump (introduce Fosbury Flop), triple jump , javelin, shot-put (moving), measuring and Timekeeping.	rules in track events.100m/200m, 800m, 1500m, high jump (introduce Fosbury Flop), triple jump , javelin, shot- put (moving), measuring and Timekeeping.
	Consolidate year 7	Consolidate year 7	Consolidate year 7	Consolidate year 7	Consolidate year 7

Netball

Skills focus on handeye 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 coordination (travel, step,

Netball

Skills focus on handeye 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 coordination (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 coordination 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 handeye 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.

	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.		
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ments	The practical classwork of students	The practical classwork of students	The practical classwork of students will be assessed to	The practical classwork of students will be	The practical classwork of students	The practical classwork of students will be
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	<u>club.business.site</u>	https://www.britishorienteering.org.uk/	Active Ken Ward:	<u>association</u>		
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https://www.mottramcri	school sports	Curzon Ashton Football			Club
cketclub.co.uk/	enrichment clubs	Club:	Wednesday KS3	Wednesday KS3	
		https://www.curzon-	Dance Club	Dance Club	Tameside Athletics
England and Wales	Wednesday KS3	ashton.co.uk/			
Cricket Board:	Dance Club		Whole School Dance	NSSW- Hikes	School Sports Day
https://www.ecb.co.uk/a			Production		
<u>bout</u>	Tameside X Country	Wednesday after school			Whole School Production
Wednesday after		sports enrichment clubs			
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Dance Club					