PE Unit Overview Year 8

It is our intent in PE to create an inclusive curriculum that provides students with opportunities to succeed in sport and physical activity, providing knowledge and understanding of how to lead a healthy active lifestyle throughout adulthood and to provide a love of learning that inspires a lifelong involvement in sport and physical activity.

Pupils are given the opportunity to excel within a broad curriculum with a focus on improving their motor competence (in warm-ups; skills within lessons – passing etc), knowledge of rules, tactics and strategies while engaging in healthy participation.

The sequencing of our curriculum across KS3 provides opportunities for students to build their confidence, communication, resilience, and leadership skills in the broad number of sports that are offered, and skills that are learnt are transferrable across the different sports. These skills are built upon from year 7 to year 9 where more tactical based skills are learnt alongside the more technical skills.

In year 9, students are also provided with theory knowledge, which not only gives them an understanding of the topics in GCSE PE but also provides them with them with knowledge that they can use in later life with regards to their health and physical resilience.

The knowledge and skills that are learnt both theoretically and physically are continued into GCSE PE and BTEC Sport where the depth and breadth of knowledge is increased throughout KS4 and KS5.

Physical Education - Year 8 Term 1				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**
All students will be taking part in the following activities: Netball Basketball Handball Football Rugby Trampolining Gymnastics	Knowledge Key specific terminology and vocabulary Rules and regulations Development of motor skills Development and understanding of key concepts/skills that be used across different sports	A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, selfmotivation, self-management and communication in the	Basic skills learnt within Year 7 are re-capped and built upon. Small-sided games and scenarios are developed into full-sided activities. Previous skills taught within isolation are	Extra-curricular clubs both during lunchtimes and after school

	How to lead warm-ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance and understand areas of weakness.	knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format.	progressed into game-like scenarios and matches enabling students to learn and develop an in-game understanding.	
	Understanding Decision making. Developing, adapting and refining skills. Tactical development within game situations. Attack v defence scenarios looking at how to beat an opponent. Skills Practical skills (with increased amount of pressure from opposition) Communication Specific skills within sports: Passing Receiving Moving (with/without ball) Tackling Shooting Beating an opponent	Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities.	Previously learnt skills are transferred across sports and clearly referenced. Knowledge and understanding of skills and rules are used to help focus on analysis of own performance.	

Physical Education - Year 8 Term 2				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**

All students will be taking part in the following activities: Trampolining Gymnastics Health Related Fitness Badminton Basketball Rugby Football	Knowledge Key specific terminology and vocabulary Rules and regulations Development of basic fundamental motor skills Development and understanding of key concepts/skills that be used across different sports How to lead warm ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance and understand areas of weakness. Understanding Decision making Developing, adapting and refining skills Aesthetic appreciation Skills Practical skills Communication Specific skills within sports: Passing Receiving Moving (with/without ball) Tackling Shooting Synchronisation Counter-balance Travel/movement Cannon	A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, self-motivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format. Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities.	Basic skills learnt within Year 7 are re-capped and built upon. Key concepts previously learnt are now linked together. Knowledge and understanding of skills and rules are used to help focus on analysis of own performance.	Extra-curricular clubs both during lunchtimes and after school

Physical Education - Year 8 Term 3				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**

All students will be taking part in the following activities: Athletics Tennis Cricket Rounders	Knowledge Key specific terminology and vocabulary Rules and regulations Development of basic fundamental motor skills Development and understanding of key concepts/skills that be used across different sports How to lead warm ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance and understand areas of weakness. Understanding Decision making Developing, adapting and refining skills Skills Practical skills Communication Specific skills within sports: Running Throwing Jumping Racket skills (transferred from badminton)	A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, selfmotivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format. Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities.	Basic skills learnt within Year 7 are re-capped and built upon. Previous skills taught within isolation are progressed into game-like scenarios and matches enabling students to learn and develop an in-game understanding. Previously learnt skills are transferred across sports and clearly referenced. Knowledge and understanding of skills and rules are used to help focus on analysis of own performance.	Extra-curricular clubs both during lunchtimes and after school