



Year 8	Intent
	<ul style="list-style-type: none">• To deliver lessons that cover a variety for sports to cater for all student interests.• Lessons delivered at different times of the year based on seasonal factors/ weather/space/staffing.• The priority is to keep students active and engaged.• Opportunities for leadership during warm-up and game related activities (strategies/tactics)• To extend and develop many of the same skills learned in Y7 PE• To continually revisit the names of muscles and bones as covered in Year 7. Add – movements available – flexion, extension etc• To be aware of the different phases of a warm-up and the reasons why we warm up before physical activity <p>NB – Y7-9 Fitness curriculum Map is the same for each year group because the Fitness suite has been updated with new equipment so students will follow the same SOW for the first year.</p>

Oct-Dec	Overview
	<ul style="list-style-type: none">• Students will cover the curriculum map below to cover the following 4 sporting activities in the first half term: Girls – Rugby & Basketball Boys – Football & Fitness• Students are split into set 1 & 2 based on overall ability (we believe this gives further opportunities for all students to experience success, gain confidence and be stretched and challenged)• Not all groups will cover all topic areas below, these are for general guidance. Progression from one lesson to another will depend on each individual group and how well they can complete the skills being taught. A lesson may need to be repeated or they may need more time on a specific skill before they can progress to the next skill.• NB – Rugby Depending on ability group, some will participate in contact and others will participate in an adapted non-contact version of Rugby.



Curriculum Map: Year 8

Subject: Physical Education

Boys' activities – Football			
Lesson	Key Knowledge- what will students know by the end of this topic?	Key skills- what skills will students have developed by the end of this topic?	Assessment opportunities- How is progress measure?
1	Passing and moving to create space and develop a focus on moving forward.	Movement on the pitch to create space and keep the width. Passing on the move, 3v1s, possession games.	Success at passing and moving into space.
2	Development of dribbling skills	Learn skills/moves to outwit an opponent when dribbling - shoulder drop, scissors etc Round cone, then 1v1s	Dribbling between cones. 1v1s Small sided conditioned games
3	Shooting skills	Accuracy v power. Able to demonstrate different techniques to shoot depending on position/distance from goal. Keeping the ball low and under control. Head over ball.	Number of successful shots on goal.
4	Defensive and tackling skills	Planting non-tackling foot, tackling foot to contact the middle of the ball (L-shape). Strength and weight over ball, head down, eyes on the ball and knees bent. To be able to tackle an opponent safely and effectively. To time when to tackle the ball not the player. Jockeying and distance. Static 1v1 (face to face, from side), progress to moving	Correct decision-making Ability to use the right technique
5, 6, 7	Game play, matches, competition	Demonstrate previous skills learned	Outcome/performance/ communication



Curriculum Map: Year 8

Subject: Physical Education

Boys' activities – Fitness			
Lesson	Key Knowledge <i>What will all students KNOW by the end of the topic?</i>	Key Skills <i>What key skills will be learnt/developed by the end of the topic? What will all students be able to DO by the end of the topic?</i>	Assessment Opportunities <i>What are the key pieces of assessment? How will students be assessed?</i>
1	The main different 'Components of fitness' How to complete various fitness tests The different major muscles	Students will complete the following tests: Hand grip test - Strength Sit and reach - Flexibility 4-minute CV test (on treadmill, rower or stepper) - Cardiovascular Press up – Muscular Endurance Sit up – Muscular Endurance Standing long jump/Sergeant jump - Power Use an excel SS to save the results to reflect on and try to beat at the end of the SOW	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly? Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training Fitness test results
2	How to improve Cardiovascular fitness (using Continuous and Circuit training)	Individual challenge – distance/reps/level Circuit training using the main CV machines – continuous training Use other equipment too, but focus is on students understanding the best way to improve Cardiovascular fitness	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly? Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training
3	How to improve Cardiovascular fitness (using interval and Fartlek training)	Individual challenge – distance/reps Students will learn about and perform Interval and Fartlek training (outdoor lesson). Understand the benefits in relation to different sports	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly? Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training
4	How to improve Strength (using anchor straps for own body weight training)	Individual challenge – distance/reps/level Circuit training using the main Weight stations – Weight training (using anchor straps for own body weight)	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly? Do they know why they need to warm-up properly?



Curriculum Map: Year 8

Subject: Physical Education

		Use other equipment too, but focus is on students understanding the best way to improve Strength	Major muscles groups Major components of fitness Major methods of training
5	How to improve Muscular Endurance (using various stations)	Individual challenge – distance/reps/level Circuit training using the boxing bags – Interval training using low intensity, high reps Use other equipment too, but focus is on students understanding the best way to improve Muscular endurance	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training
6	How to improve Power (using Plyometric training)	Individual challenge – distance/reps/level Circuit training using the plyometric equipment – box jumps etc. High intensity Use other equipment too, but focus is on students understanding the best way to improve Power	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training
7	Have improvements been made? Can students explain why? Evaluate previous training	Students will re-take the tests they did in week 1: Hand grip test - Strength Sit and reach - Flexibility 4-minute CV test (on treadmill, rower or stepper) - Cardiovascular Press up – Muscular Endurance Sit up – Muscular Endurance Standing long jump/Sergeant jump – Power Compare to previous results and evaluate if they improved or not.	Students will be continuously questioned on their knowledge of the following: Do students know how to warm-up/stretch properly Do they know why they need to warm-up properly? Major muscles groups Major components of fitness Major methods of training Fitness test results



Girls' activities – Rugby			
Lesson	Key Knowledge- what will students know by the end of this topic?	Key skills- what skills will students have developed by the end of this topic?	Assessment opportunities- How is progress measure?
1	Passing and Ball Handling	Using correct grip, learn the pocket and pop pass. Develop understanding of how to receive and support the pass. Moving towards making sure passes go backwards.	Application of skills. Pocket pass, one hand top and bottom of the ball from pocket to target. Pop pass, two hands using fingers and pop ball. All below eye line. Check students in correct position to receive the ball.
2	Revisit Tackling /Touch Tackle	Students develop confidence with tackling. Start with Tower of Power, cheek to cheek and ring of steel and tackling away from body. Touch tackles are 2 hand touch, from the tower of power.	Application of skills. Students can identify which of the 4 teaching points they can/can't do as well. Students find which side they are more confident tackling on.
3	Attacking, 2v1/4v2	No forwards passing. Avoid contact where possible and use space wisely. Develop outwitting opponents' skills, with shutter step and fake passing.	Application of formation. Combined with smaller sided games and additional skills of tackling. Communication and self-awareness to ensure in correct position.
4	Rucking/Restart in Touch	When tackled, develop presenting the ball in pencil shape. Understand laws of contesting the ball. Protect the ball by anchoring on the gate. In touch, develop presenting the ball, anchoring and defenders moving into onside position 5m back.	Application of skills. Students can identify how they can improve presenting skills and key teaching points in order to protect the ball. Students have self-awareness to stay onside and follow laws of the game in touch and contact.
5,6,7	Matchplay, Competition and Rules	Combine application of previous skills learnt and produce in competitive environment. Demonstrate knowledge of rules to ensure the game is played safely.	Assess by outcome, performance, communication and adherence to rules.



Curriculum Map: Year 8

Subject: Physical Education

Girls' activities – Basketball			
Lesson	Key Knowledge- what will students know by the end of this topic?	Key skills- what skills will students have developed by the end of this topic?	Assessment opportunities- How is progress measure?
1	To be able to pass and move using a variety of passes. To be able to perform an accurate javelin pass.	<ol style="list-style-type: none"> 1. Pairs static javelin pass across court. 2. Pairs passing and moving along the grid lines. 3. 3 man weave slow. Focus on travelling! 	Passing the ball successfully in isolation and during game play
2	To be able to dribble with control at speed with both hands. To be able to change direction by switching hands.	<ol style="list-style-type: none"> 1. Grid work, dribble at speed from corner to corner around the outside. 2. Grid work, dribble to corner and change direction by switching hands. 3. Pairs, 1v1 keep ball, by moving and changing direction and hands. Focus on double dribble 	Dribbling the ball successfully in isolation and during game play Number of shots scored in isolation and during game play
3	To be able to Lay Up accurately, at speed and under light pressure. To be able to Lay Up in a game situation.	<ol style="list-style-type: none"> 1. Recap lay ups into all rings. L&R handed. 2. Lay ups with passive defending. 3. Lay ups with active defending. 4. 2v1 into 1 ring, only score with lay up. 	Number of successful shots scored in isolation and during game play Correct technique used
4	To be able to perform a Jump Shot with balance and accuracy.	<ol style="list-style-type: none"> 1. Practice dribble, stop, BALANCE and shoot from different angles. Add a defender. 2. 1v1, 2v1 into 1 ring. 	Number of successful shots scored in isolation and during game play Correct technique used
5,6,7	GAMEPLAY: To be able to put previously learned skills into full game situations. To be able to set up basic attacking formations and tactics	<ol style="list-style-type: none"> 1. Recap principles of man to man defence in full game situations. 2. ½ court practice of 1:2:2 formation when attacking. 3. ½ court practice of how to switch to create space and attacking opportunities. 4. Full court game play, putting switching into practice. 	ability to contribute to attacking and defensive phases of the game