



Y8 Curriculum Map: PE

	Timing	Unit	Core content	Core objectives	Key Skills (not PLTS)
1	Autumn 1 (7 weeks)	Basketball (7 lessons)	<ul style="list-style-type: none"> Develop the following key skills: passing (stationary and on the move) receiving, pivoting, stopping, dribbling, shooting (set/lay-up) rebounding, creating space, defending (man for man, half court) Games to include possession games, half court games and 3 v 3 	<ul style="list-style-type: none"> To learn and develop the key skills for basketball To use the skills with consistency and accuracy in the game to outwit the opposition To use individual and team attacking and defensive skills effectively To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games 	<ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Tolerance Rules Communication Peer coaching Refereeing
		Rugby (7 lessons)	<ul style="list-style-type: none"> Develop the following key skills: passing, receiving, retaining possession in contact situations, tackling, rucking, scrummaging, taking the ball into contact, presenting the ball on the ground, support play and alignment Games to include conditioned small-sided games. (e.g. 5 v 5 – 7 v 7) 	<ul style="list-style-type: none"> To learn new skills and develop existing skills for rugby Pupils understand the concept of depth and pace Pass and catch consistently whilst under pressure Attack space Tackle safely Understand the techniques and rules underlying rucking and scrummaging To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games Understand the off side rule at the tackle, ruck and scrum situations Understand the playing positions of the ‘backs’ and the front row 	<ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Rules Offside Peer coaching Refereeing
	Autumn 2 (8 weeks)	Football (8 lessons)	<ul style="list-style-type: none"> Develop the following key skills: passing using different parts of the foot, both stationary and moving, control (different surfaces), dribbling, turning, defending and channelling, tackling Games to include small possession games with/without defensive pressure, target games, uneven number games, small sided invasion games (up to 5 v 5) 	<ul style="list-style-type: none"> To learn new skills and develop existing skills for football Pass the ball on and off the ground with consistency To show awareness of teammates. Understand the principles of support, how to create and use space, use width in attack, keep possession Understand how to defend – principles of marking, denying space and pressure To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games 	<ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Rules Communication Deception Peer coaching Preparing safely



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2	Autumn 2 (8 weeks)	Badminton (8 lessons)	<ul style="list-style-type: none"> • Forehand and backhand grip • Ready position – receiving • 1 v 1 cooperative rallies • Serving short and high forehand and/or backhand • Overhead clear • How to achieve power – hit to the back of the court • Drop shot, disguise and when to use • Net shots and rallies • Smash • Games to include cooperative rallies and competitive singles ½ court games 	<ul style="list-style-type: none"> • To learn the correct grip to play shots on the forehand and backhand sides • Understand the importance of the ready position • To play longer cooperative rallies using overhead and underarm shots • Develop a greater range of shots in order to pressurise an opponent • Begin to use power and disguise in their play • Apply tactics in games to move an opponent in order to outwit them and win points or force a mistake 	<ul style="list-style-type: none"> • Cooperation • Tactics • Footwork • Movement • Anticipation • Peer coaching • Umpiring
	Spring 1 (6 weeks)	Gymnastics Flight (6 lessons) Handball (6 lessons)	<ul style="list-style-type: none"> • Hurdle step • Flight onto apparatus • Flight off apparatus • Safe landing technique • Trampoline work • Body shape during flight • Vaulting – through and straddle vault <ul style="list-style-type: none"> • Keys skills to learn include passing, receiving, faking, dodging, marking, creating space, dribbling and shooting • Develop skills through small sided games • Basic rules of the game • Goalkeeping 	<ul style="list-style-type: none"> • To learn safe landings when using the springboard and trampette • Move and use equipment safely and responsibly • Improve quality of body shape in flight • Increase flight onto and off apparatus • Understand how to support others during vaulting • Analyse own performance and that of others to identify what is good and what needs improving <ul style="list-style-type: none"> • To learn the basic skills and demonstrate accuracy and consistency when using them • To use individual skills and team attacking tactics effectively to outwit the opposition • To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games • To understand the role of the goalkeeper and the rules about 	<ul style="list-style-type: none"> • Safety • Handling equipment • Peer coaching <ul style="list-style-type: none"> • Preparing safely • Team work • Tactics • Tactics • Rules • Communication



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			the goal circle	
Spring 2 (3 weeks)	Hockey (6 lessons)	<ul style="list-style-type: none"> Develop the following skills push pass, slap hit, hit, receiving from in front and from the side Dribbling, stopping and turning Defending and tackling Passing on the move Receiving on the open and reverse sides. Games to include possession games (3 v 1, 4 v 2, 5 v 3), target games, uneven numbers, Invasion games (up to 7 v 7) 	<ul style="list-style-type: none"> To learn and develop the key skills for hockey To learn the grip to play the push pass – Increase distance of push whilst maintaining accuracy Understand how position body to receive a pass including how to cushion control Planning the next pass – where to receive in order to do this effectively Understand the technique for moving with the ball. Turning on the open and reverse sides Understand the principles support, how to create and use space, use width in attack and keeping possession Understand how to defend – principles of denying space, marking, channelling, jockeying and pressurising To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games 	<ul style="list-style-type: none"> Preparing safely Cooperation Tactics Footwork Anticipation Peer coaching Umpiring
	Fitness (6 lessons)	<ul style="list-style-type: none"> Anaerobic and aerobic exercise Sprinting and sustained exercise Sprinting technique Circuit training 	<ul style="list-style-type: none"> Take part in anaerobic and aerobic activities and be able to explain the differences between them Be able to describe and be able to improve their sprinting technique Examine the relationship between performance and multiple sprints Pupils will learn about the short term effects of exercise on the body when taking part in aerobic and anaerobic activities Show knowledge of pace judgement when taking part in sustained running activities Pupils will understand how the body responds differently to 	<ul style="list-style-type: none"> Preparing safely Mental determination Pacing



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5	Summer 1 (6 weeks)	Athletics (12 lessons)	<ul style="list-style-type: none"> Events include: <ul style="list-style-type: none"> Shot putt, javelin and discus, High jump - scissors and Fosbury Long and triple jump Relay Hurdles Middle distance running Sprinting Team runs and strategies How to measure jumps and throws Rules of the events 	different types of exercise <ul style="list-style-type: none"> To learn and develop running, jumping and throwing techniques in a greater range of athletics events Identify, describe and replicate good sprinting and starting techniques To refine baton changeover technique in the relay To show mental determination when completing sustained running athletics events Improve hurdling technique including increasing spacing and height of the hurdles Coordinate an effective run-up and take off in the long jump and triple jump events Understand and apply all safety rules whilst performing the throwing events Learn the basic fundamentals when performing standing throws in the discus, shot putt and javelin To learn the main rules and laws of the different events and use this knowledge when performing 	<ul style="list-style-type: none"> Preparing safely Mental determination Pacing Timing Consistency Safety
	Summer 2 (6 weeks)	Rounders (6 lessons)	<ul style="list-style-type: none"> Batting – stance, back lift, contact, follow through. Bowling technique – speed, flight and rules Overarm throw - high or flat and fast Catching – low and high catch Fielding – Long barrier and two-handed pick up Tactics – batting Games include mini rounders and full rounders games 	<ul style="list-style-type: none"> To grip the bat correctly and position the body and feet to be able to hit the ball frequently into different directions Hit the ball with more consistency to their preferred side Bowl with reasonable accuracy and vary the speed and trajectory of the bowl Field securely by intercepting and catching the ball and throw accurately over a variety of distances To apply good tactical awareness when fielding to restrict the batter scoring To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games Identify strengths and weaknesses in individual performance 	<ul style="list-style-type: none"> Cooperation Teamwork Tactics Rules Peer coaching



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Summer 2 (6 weeks)	Cricket (6 lessons)	<ul style="list-style-type: none"> Batting grip, stance and back swing Front foot drive Pull shot Overarm bowling progressing from standing to run-up Underarm and overarm throwing Games include front foot and pull shot games, clock cricket and pairs cricket 	<p>and team play</p> <ul style="list-style-type: none"> To learn and develop the key skills for cricket Understand how to grip and adopt the correct batting stance How to play straight and off the front foot. How to keep the ball on the ground How and when to play the pull shot Understand the rules and techniques of overarm bowling including bowling with improving accuracy in terms of line and length from a short run-up Field securely by intercepting and catching the ball and throw accurately over a variety of distances Understand how to carry the bat when running between the wickets Be able to umpire a clock cricket game and apply knowledge of the rules 	<ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Rules Peer coaching

Throughout their study of PE pupils will be encouraged to develop the following key skills:

- Bring correct P.E. kit to all lessons
- Actively participate in all lessons as a performer, leader, coach or an official
- Communicate their ideas with confidently using the correct terminology
- Listen to the views and ideas of others
- Show consideration of individual differences
- Cooperate and be tolerant of others
- Help each other and suggest ways in which they and their team could improve