

The Marches - Physical Education

Year 8 – Curriculum Map

The Big Picture:
 The aim of Year 8 is to broaden your sporting experiences. Your lessons will link to the 3 pillars of progression.

- 1) Motor competence
- 2) Rules and strategies
- 3) Healthy participation

Athletics

To develop the three fundamental skills of running, jumping and throwing in Athletics. To work individually and within a team to practice, develop and refine more advanced skills. Students will further develop their physical strength, stamina and speed to cope with the demands of different activities whilst continuing to develop their mental determination to succeed. Students will take on a variety of different roles including performing and coaching.



Striking and fielding (rounders/cricket)

You will develop and refine existing skills and techniques needed to bat and bowl effectively and you will develop your existing catching, fielding and throwing skills, performing them with accuracy and consistency. You will develop an understanding of the rules of the game and apply your skills with tactical awareness while batting, bowling and fielding in games.



Handball

You will learn the basic rules of handball to play successfully. Knowledge of basic rules, numbers on team, some tactical awareness and different defensive setups, when to pass/shoot/dribble.

Assessment: Spring 2

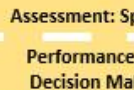
Dance

You will develop your skills in choreography by learning how to use space and relationships. Your dance will be based around contact. Your performance skills will be challenged using different music to support your dance.



Badminton

You will learn to hit a long and short serve. You will learn an overhead clear and a drop shot and should be able to apply these skills in games.



Assessment: Spring 1

Hockey

You will learn to develop your skills in game situations and start learning about tactics and team formations. You will be introduced to set plays such as short and long corners.

Assessment: Autumn 1

Rugby

You will develop your knowledge of the laws of the game and begin to explore technical aspects such as scrummaging and mauling. You will continue to develop key skills of the game such as creating space and defending as a team.



Summer Term

Assessment: Summer

Football

You will learn the fundamental skills of turning with the ball. You will learn principles of 1 v 1 defending including tackling, jockeying and marking. In attack you will be taught to shoot from a variety of angles including volleying. (Heading not allowed in training).



Gymnastics / Parkour

You will be introduced to handling gymnastic equipment and how to use the springboard effectively. You will progress your skills of rolling and balancing including individual, partner and group balances. You will learn how to access the vault and develop confidence in flight actions by learning vaulting skills. Be able to construct a routine and adapt it to perform on apparatus. Parkour is the physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping and climbing movements. You will learn a variety of movements that will allow you to safely do this. You will explore the most interesting way to navigate over gym equipment using and developing strength, agility, spatial awareness, coordination, control, precision and creativity.



Assessment: Autumn 2

Netball



Netball

You will learn the basic principles of the game, positions and areas on court. You will learn the different passes and where to pass as well as attacking and defending strategies. You will also learn basic tactics such as rebounds and simple set plays.

Your Physical Education journey starts here...



SHOW YOUR COMMITMENT...

How many of these can you complete?

- Try your best in all lessons.
- Bring your PE kit to all lessons.
- Attend at least one extra curricular club each term.
- Represent The Marches in a sporting fixture.

Assessment

Leadership

Decision Making

Performance

Mind Set