

# Physical Education Curriculum Overview– Year 8

In Year 8 students begin to specialise in sports specific skills and practice these in **isolation and opposed situations** through different activities on a rotation throughout the year. Students build upon introductory knowledge to analysis of performance, tactics and strategies, healthy, active lifestyles and anatomy and physiology.

		Analysis of Performance		Tactics and Strategies		Healthy, active lifestyles		Anatomy and Physiology								
<b>Knowledge &amp; Skills</b>	Describe strengths and areas for development in their own and other's performances.  Use basic key vocabulary associated with the activities which they participate in confidently and consistently.		Students will use their knowledge of the rules to play to the officials decision in each activity that they participate in.  Students will learn about basic tactics in each activity to outwit opponents, perform aesthetically or problem solve.		Students will be able to: <ul style="list-style-type: none"> <li>Suggest suitable activities for each phase of a warm up</li> <li>Explain why short term effects of exercise occur</li> <li>Components of fitness within activities</li> </ul>		Students will learn about how joints provide movement in the body and the type of joint which makes the knee and elbow.									
	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Assessment</b></p> <ul style="list-style-type: none"> <li>Describes strengths and areas for development in performances</li> <li>Uses sport specific vocabulary confidently and consistently</li> </ul> </div>		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Assessment</b></p> <ul style="list-style-type: none"> <li>Plays to the rules and regulations of the activity</li> <li>Apply basic tactics</li> </ul> </div>		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Assessment</b></p> <ul style="list-style-type: none"> <li>Conducts an appropriate warm up</li> <li>Explain why short-term effects of exercise occur</li> <li>Describe how fitness components are used in activities</li> </ul> </div>		<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Assessment</b></p> <ul style="list-style-type: none"> <li>Describe how joints allow movement</li> <li>Identify the type of joint at the knee and elbow</li> </ul> </div>									
<b>Sport Specific skills</b>	<b>Boys</b>	<p style="text-align: center;"><b>Football</b></p> <ul style="list-style-type: none"> <li>Passing</li> <li>Ball control</li> <li>Dribbling</li> <li>Turning</li> <li>Shooting</li> <li>Defending</li> <li>Crossing and finishing</li> <li>Creating space</li> </ul>		<p style="text-align: center;"><b>Rugby</b></p> <ul style="list-style-type: none"> <li>Passing</li> <li>Catching</li> <li>Tackling</li> <li>Playing the ball</li> <li>Evasion</li> <li>Defending</li> <li>Support play</li> <li>Creating space</li> </ul>		<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Sprinting</li> <li>Pacing</li> <li>Jumping</li> <li>Throwing</li> </ul>		<p style="text-align: center;"><b>Striking &amp; Fielding</b></p> <ul style="list-style-type: none"> <li>Throwing</li> <li>Catching</li> <li>Bowling</li> <li>Batting</li> <li>Running</li> <li>Fielding</li> </ul>		<p style="text-align: center;"><b>Basketball</b></p> <ul style="list-style-type: none"> <li>Passing</li> <li>Catching</li> <li>Dribbling</li> <li>Shooting</li> <li>Defending</li> <li>Attacking</li> </ul>		<p style="text-align: center;"><b>Fitness</b></p> <ul style="list-style-type: none"> <li>Equipment safely</li> <li>Aerobic training</li> </ul>		<p style="text-align: center;"><b>Table Tennis</b></p> <ul style="list-style-type: none"> <li>Stance &amp; grip</li> <li>Push shot</li> <li>Serve</li> <li>Spin</li> <li>Drive shot</li> <li>Ball control</li> </ul>		
	<b>Girls</b>	<p style="text-align: center;"><b>Football</b></p> <ul style="list-style-type: none"> <li>Passing</li> <li>Ball control</li> <li>Dribbling</li> <li>Turning</li> <li>Shooting</li> <li>Defending</li> <li>Crossing and finishing</li> <li>Creating space</li> </ul>		<p style="text-align: center;"><b>Rugby</b></p> <ul style="list-style-type: none"> <li>Passing</li> <li>Catching</li> <li>Tackling</li> <li>Playing the ball</li> <li>Evasion</li> <li>Defending</li> <li>Support play</li> <li>Creating space</li> </ul>		<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Sprinting</li> <li>Pacing</li> <li>Jumping</li> <li>Throwing</li> </ul>		<p style="text-align: center;"><b>Striking &amp; Fielding</b></p> <ul style="list-style-type: none"> <li>Throwing</li> <li>Catching</li> <li>Bowling</li> <li>Batting</li> <li>Running</li> <li>Fielding</li> </ul>		<p style="text-align: center;"><b>Basketball</b></p> <ul style="list-style-type: none"> <li>Passing</li> <li>Catching</li> <li>Dribbling</li> <li>Shooting</li> <li>Defending</li> <li>Attacking</li> </ul>		<p style="text-align: center;"><b>Fitness</b></p> <ul style="list-style-type: none"> <li>Equipment safely</li> <li>Aerobic training</li> <li>Anaerobic training</li> </ul>		<p style="text-align: center;"><b>Netball</b></p> <ul style="list-style-type: none"> <li>Footwork</li> <li>Movement</li> <li>Turning in the air</li> <li>Centre passes</li> <li>Shooting</li> <li>Defending</li> <li>Interceptions</li> </ul>		<p style="text-align: center;"><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Basic shapes</li> <li>Balance</li> <li>Rolling</li> <li>Floor</li> <li>Flight</li> <li>Low vault</li> <li>Higher vault</li> </ul>
		See next page for "Beyond The Curriculum"														

**Beyond The Curriculum**

**Suggested Places to visit**

- Headingley stadium, Leeds
- Sheffield's English Institute of sport
- Old Trafford stadium, Manchester
- National Football museum, Manchester
- British Sports museum

**Websites to explore**

- [www.thefa.com](http://www.thefa.com)
- [www.rugby-league.com](http://www.rugby-league.com)
- [www.britishathletics.org.uk](http://www.britishathletics.org.uk)
- [www.ecb.co.uk](http://www.ecb.co.uk)
- [www.roundersengland.co.uk](http://www.roundersengland.co.uk)
- [www.britishorienteeing.org.uk](http://www.britishorienteeing.org.uk)
- [www.ballet.org.uk](http://www.ballet.org.uk)
- [www.englandnetball.co.uk](http://www.englandnetball.co.uk)
- [www.tabletennisengland.co.uk](http://www.tabletennisengland.co.uk)
- [www.skysports.com](http://www.skysports.com)
- [www.bbc.co.uk/sport](http://www.bbc.co.uk/sport)

**Enrichment clubs**

- Football
- Rugby
- Athletics
- Rounders
- Cricket
- Table tennis
- Fitness
- Netball

**Competitions and school trips**

- Calderdale competitions (varied sports)
- West Yorkshire competitions (varied sports)
- English schools competitions (through qualification)
- Trips to watch professional fixtures