

Year 8 (Intermediate) Curriculum Overview Plan: PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Key Theme: Badminton, Rugby Football, Gymnastics, Table Tennis</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing of core skills in sports and activities to become more effective in competitive situations Badminton – Backhand flick and underarm serving, forehand and backhand, overhead clear, drop shots, perform an endurance rally. Rugby League – effective passing, side tackling, playing the ball, effective</p>	<p>Key Theme: Badminton, Rugby Football, Gymnastics, Table Tennis</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing of core skills in sports and activities to become more effective in competitive situations Badminton – Backhand flick and underarm serving, forehand and backhand, overhead clear, drop shots, perform an endurance rally. Rugby League – effective passing, side tackling, playing the ball, effective</p>	<p>Key Theme: Basketball, Fitness Testing, Trampolining, Rugby, Football</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing of core skills in sports and activities to become more effective in competitive situations. Basketball – Ball handling, chest pass, bounce pass, overarm pass, shooting under pressure, effective dribbling both hands dribbling, intercepting ball, shielding the ball, zonal defence</p>	<p>Key Theme: Rugby Union, Orienteering, Fitness Testing, Basketball</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing of core skills in sports and activities to become more effective in competitive situations. Rugby Union – development of rucking and mauling, presenting ball, lineouts with a jump, Orienteering – map orientation, using key features of a map, using symbols to navigate a map, pacing</p>	<p>Key Theme: Athletics, Rounders, Baseball, Cricket</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing of core skills in sports and activities to become more effective in competitive situations and further develop techniques in athletics to improve techniques Athletics – Develop progressive techniques in throwing events, shot putt, javelin, discus, jumping events, long jump, triple jump, high jump, efficient techniques and</p>	<p>Key Theme: Athletics, Rounders, Baseball, Cricket</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing of core skills in sports and activities to become more effective in competitive situations and further develop techniques in athletics to improve techniques Athletics – Develop progressive techniques in throwing events, shot putt, javelin, discus, jumping events, long jump, triple jump, high jump, efficient techniques and</p>

<p>outwitting of opponents, chip kicking Football – effective control, dribbling and changing direction, passing over increased distances, intercepting and tackling, shooting with accuracy and technique Table tennis – effective forehand push shot, effective serve, effective backhand push shot, perform an endurance rally Gymnastics – Basic travels, rolls, travelling, basic balances, partner balances, use of apparatus and movement, partner routines</p> <p>Rules and Regulations</p>	<p>outwitting of opponents, chip kicking Football – effective control, dribbling and changing direction, passing over increased distances, intercepting and tackling, shooting with accuracy and technique Table tennis – effective forehand push shot, effective serve, effective backhand push shot, perform an endurance rally Gymnastics – Basic travels, rolls, travelling, basic balances, partner balances, use of apparatus and movement, partner routines</p> <p>Leading a skill practice</p>	<p>Fitness Testing – Safety when exercising, safety in a gym, long term effects of exercise, recording results, understanding of heart rate, methods of training – continuous, circuit, fartlek, weight Rugby League – effective passing, side tackling, playing the ball, effective outwitting of opponents, chip kicking Football – effective control, dribbling and changing direction, passing over increased distances, intercepting and tackling, shooting with accuracy and technique Trampolining – shapes including tuck, pike, straddle, seat landings, twists,</p>	<p>Basketball – Ball handling, chest pass, bounce pass, overarm pass, shooting under pressure, effective dribbling both hands intercepting ball, shielding the ball, zonal defence Fitness Testing – Safety when exercising, safety in a gym, long term effects of exercise, recording results, understanding of heart rate, methods of training – continuous, circuit, fartlek, weight</p> <p>Skeletal System Q-Name the bones in the body? Q-Functions of the 3 skeleton Q-What is a joint? Q-Name 5 movement patterns at a joint?</p>	<p>improved times for age group for sprints, 100m, 200m, 400m, long distance, 800m, 1500m. Rounders/Cricket/Ba seball – accurate bowling techniques, accurate and consistent batting, accurate catching and throwing, effective fielding positions, effective running between bases</p> <p>Scoring Systems Q-What is the scoring systems in each activity? Q-How is the activity won?</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from KS2 and basic core skills transferred</p>	<p>improved times for age group for sprints, 100m, 200m, 400m, long distance, 800m, 1500m. Rounders/Cricket/Ba seball – accurate bowling techniques, accurate and consistent batting, accurate catching and throwing, effective fielding positions, effective running between bases</p> <p>Scoring Systems Q-What is the scoring systems in each activity? Q-How is the activity won?</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from KS2 and basic core skills transferred</p>
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<p>Q-What is a rule or regulation? Q-Consequences of rule breaks in different sport Q-Importance of rules and regulations in sport</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from Y7 Introductory and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault:</p>	<p>Q-What is a skill practice (isolation, conditioned)? Q-How to plan and deliver a skill practice</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from Y7 Introductory and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling,</p>	<p>progressions in front and back drop landings, basic routines</p> <p>Heart Rate Q-How does exercise affect HR? Q-What is Maximum Heart Rate? Q-What are Target zones – aerobic & anaerobic?</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from Y7 Introductory and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment</p>	<p>Links to Prior Learning: Linking to performance in each sport/activity from KS2 and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Linking to performance in each sport/activity from Y7 Introductory and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength,</p>	<p>from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Linking to performance in each sport/activity from Y7 Introductory and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Tier 3 Vocabulary Vault: Positional, fielding, bowling, batting, base-running, strike, rounder, wickets, Over, pitcher,</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating</p>	<p>from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Linking to performance in each sport/activity from Y7 Introductory and basic core skills transferred from other activities, links to performance out of school clubs</p> <p>Tier 3 Vocabulary Vault: Positional, fielding, bowling, batting, base-running, strike, rounder, wickets, Over, pitcher,</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating</p>
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<p>Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, forehand, backhand, overhead, drop shot, interception, tackling</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper</p>	<p>respect, bravery, agility, pulse-raiser, stretch, strength, forehand, backhand, overhead, drop shot, interception, tackling</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>	<p>booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, pike, straddle, tuck, somersault, endurance, set shot, lay up, routine</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory:</p>	<p>endurance, orientation, orienteering,</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>	<p>numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>	<p>numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>
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