



## Year 8 PE Curriculum Plan

	Key concept/ Key question	Overview of the unit	Assessment	Cross Curricular Skills	Suggested reading material and websites:
Rotation 1	Rugby	<p>Students will learn and develop their understanding in the following skills:</p> <p><b>Tackling</b>  <b>Rucking and mauling</b>  <b>Fixing defenders and passing</b>  <b>Attacking from the ruck and maul</b>  <b>Defensive patterns</b>  <b>Analysis</b></p>	<p><b>Performance</b>            Students will be assessed on their consistency to perform all skills            Students will be assessed on their ability to maintain technique during a competitive situation and the level at which they can outwit their opponents.            Students will be assessed on their ability to select and apply appropriate tactics in a competitive situation</p> <p><b>Analysis</b>            Students will be assessed on their in-depth knowledge of the skills and rules of rugby.            Students will be able to apply correct terminology to all aspects of the sport.            Students will be able to identify their strengths and weaknesses and know how to improve.</p>	<p><b>Literacy:</b>            Through verbal and written feedback students will analyse and evaluate their own and their peer's performance.            Use of key terminology            Reading key information from assessment skills and sport specific resources</p> <p><b>Numeracy:</b>            When referring to angles of trajectory in badminton, measurements in athletics and when tariffing routines in trampolining.            Grouping</p> <p><b>ICT:</b></p>	<p>AQA – GCSE Physical Education            Third edition</p> <p><a href="http://www.englandrugby.com/governance/regulations/">http://www.englandrugby.com/governance/regulations/</a></p> <p><a href="http://www.simplenetball.co.uk/netball-rules/">http://www.simplenetball.co.uk/netball-rules/</a></p> <p><a href="https://www.british-gymnastics.org/technical-information/discipline-updates/trampoline/8781-bq-tra-code-of-points-2017-2020/file">https://www.british-gymnastics.org/technical-information/discipline-updates/trampoline/8781-bq-tra-code-of-points-2017-2020/file</a></p>



	<p><b>Netball</b></p>	<p><b>Marking</b>  <b>Dodging</b>  <b>Marking the player</b>  <b>Health related fitness</b>  <b>Shooting</b>  <b>Throwing in front of the ball</b></p>	<p><b>Performance</b>  Students will be assessed on their consistency to perform all skills  Students will be assessed on their ability to maintain technique during a competitive situation and the level at which they can outwit their opponents.  Students will be assessed on their ability to select and apply appropriate tactics in a competitive situation  <b>Health, Fitness and Well Being</b>  Students will be assessed on their diet and understand the benefits of having a healthy diet.  Students will be assessed on their understanding of the benefits of taking part in sport and physical activity.</p>	<p>When analysing performance students will get the opportunity to use ipads and analysis apps.</p> <p><b>Citizenship:</b>  Team work, communication and leadership.</p> <p><b>SMSC:</b>  <b>Social:</b>  Working in teams and pairs</p> <p><b>Moral:</b>  Responsibility for analysis peers performance constructively</p> <p><b>Cultural:</b>  Appreciating each other's views during class discussions</p>	
	<p><b>Trampolining</b></p>	<p><b>Basic moves and routines</b>  <b>Shaped seat landings</b>  <b>Turning into/out of front landing</b>  <b>Turning into/out of back landing</b>  <b>Routines</b>  <b>Human anatomy</b></p>	<p><b>Analysis</b>  Students will be assessed on their in-depth knowledge of the skills and rules of trampolining.  Students will be able to apply correct terminology to all aspects of the sport.  Students will be able to identify their strengths and weaknesses and know how to improve.  <b>Human Anatomy</b>  Students will be assessed on their ability to name and identify bones and muscles of the body and their ability to use this</p>		



			<p>terminology when analysing performance. Students will be assessed on their understanding of different types of movement and components of fitness.</p> <p><b>Assessment</b> At the end of each sport students will write a reflection on the sport and identify areas of strength and development. Teachers will respond to the student's comments and provide feedback.</p>		
Rotation 2	Athletics	<p>Students will learn the following skills:</p> <p><b>Sprinting</b> <b>Middle distance</b> <b>Throwing</b> <b>Jumping</b> <b>Hurdling</b> <b>Relay</b> <b>Health, fitness and wellbeing</b></p>	<p><b>Performance</b> Students will be assessed on their consistency to perform all skills Students will be assessed on their ability to maintain technique during a competitive situation and the level at which they can outwit their opponents. Students will be assessed on their ability to select and apply appropriate tactics in a competitive situation</p> <p><b>Health, fitness and wellbeing</b> Students will be assessed on their diet and understand the benefits of having a healthy diet. Students will be assessed on their understanding of the benefits of taking part in sport and physical activity.</p>	<p><b>Literacy:</b> Through verbal and written feedback students will analyse and evaluate their own and their peer's performance. Use of key terminology Reading key information from assessment skills and sport specific resources</p> <p><b>Numeracy:</b> When referring to angles of trajectory in badminton, measurements in athletics and when tariffing routines in trampolining. Grouping</p>	<p><a href="http://www.uka.org.uk/competitions/rules/">http://www.uka.org.uk/competitions/rules/</a></p> <p><a href="http://www.englishhandball.com/uploads/17.07.27%20EHA%20rules%20and%20regulations%20final.pdf">http://www.englishhandball.com/uploads/17.07.27%20EHA%20rules%20and%20regulations%20final.pdf</a></p> <p><a href="https://www.badmintonengland.co.uk/landingpage.asp?section=6133">https://www.badmintonengland.co.uk/landingpage.asp?section=6133</a></p>



	<p><b>Handball</b></p>	<p><b>Passing</b>  <b>Receiving</b>  <b>Shooting</b>  <b>Moving with the ball</b>  <b>Jockeying</b>  <b>Analysis</b></p>	<p><b>Performance</b>  Students will be assessed on their consistency to perform all skills  Students will be assessed on their ability to maintain technique during a competitive situation and the level at which they can outwit their opponents.  Students will be assessed on their ability to select and apply appropriate tactics in a competitive situation  <b>Analysis</b>  Students will be assessed on their in-depth knowledge of the skills and rules of rugby.  Students will be able to apply correct terminology to all aspects of the sport.  Students will be able to identify their strengths and weaknesses and know how to improve.</p>	<p><b>ICT:</b>  When analysing performance students will get the opportunity to use ipads and analysis apps.</p> <p><b>Citizenship:</b>  Team work, communication and leadership.</p> <p><b>SMSC:</b>  <b>Social:</b>  Working in teams and pairs</p> <p><b>Moral:</b>  Responsibility for analysis peers performance constructively</p> <p><b>Cultural:</b>  Appreciating each other's views during class discussions</p>	
	<p><b>Badminton</b></p>	<p><b>Serve</b>  <b>Overhead</b>  <b>Underarm</b>  <b>Net play</b>  <b>Smash</b>  <b>Human anatomy</b></p>	<p><b>Human Anatomy</b>  Students will be assessed on their ability to name and identify bones and muscles of the body and their ability to use this terminology when analysing performance.  Students will be assessed on their understanding of different types of movement and components of fitness.</p>		



			<b>Assessment</b>		
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			At the end of each sport students will write a reflection on the sport and identify areas of strength and development. Teachers will respond to the student's comments and provide feedback.		
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