

Our Lady Queen of Peace

Catholic High School

Curriculum Overview

Year 8 Physical Education

Careers

Local Market Information	Skills	Jobs
See skills	Problem Solving Accountability	Sports Development Officer Personal Trainer

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
Week 1 - 12	OAA & Team Building – Boys/girls (Team work, communication)	Map reading, tug of war & sack races, problem solving	Last lesson last sport questions (refer to teacher sheet)	Map reading, teamwork, orienteering, communication, symbols, problem solving	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Rugby – Boys (physical competence)	Ball familiarisation & rucking developed (attacking), Ball familiarisation & rucking developed (defending), gap discipline developed, line pressure developed, passing from the ruck developed, kicking in play		Ruck, Playing the ball, Held, Knock on, In Touch, Try, High Tackle, Offside, Marker, 5th Tackle, Dummy Half	
	Badminton – Boys (confidence)	Rules and routines / stance developed, serving (backhand), serving (underarm) developed, clear developed, drop shot developed, smash developed		Rally, Serve, Backcourt, Disguised serve, Shot Trajectory, Partner work, Stance, Smash shot, Backhand	
	Netball – Girls (physical competence)	Appropriate and effective passing, introduction to running footwork, dodging (sprint and double), shooting technique, positions, roles and responsibilities, rules – footwork, 3 seconds,		Landing foot, double dodge, attacking, defending, sprint dodge, free pass.	

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		contact, obstruction, offside, out of play. Tactics – positioning in the circle, order of play.			
	Gymnastics – (Creativity and Confidence)	Recap travelling and rolls, starting and finishing position balances, mini sequence, partner balances – support balance, counterbalance and counter tension, sequencing to include levels, Trampolining – basic shapes, twists and landings – seat and front.		Forward roll, body tension, sequencing, partner balance, counterbalance, counter tension.	
Week 13 - 22	Basketball – boys (Resilience)	Rules recap and dribbling, passing and utilising space developed, shooting developed, lay ups developed, rebounds	Last lesson last sport questions (refer to teacher sheet)	Double dribble, travel, jump ball, crossover, pivot, layup, screening, boxing out,	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – boys (Health and well-being)	Continuous training / breathing rate, interval training, agility training / endorphins, plyometric training, circuit training / stroke volume		Heart rate, continuous training, breathing rate, interval training, endorphins, plyometrics, stroke volume	
	Dance – girls (Creativity and Confidence)	Introduce cultural dance, beat, teacher led choreography, unison, cannon, group choreography, rhythm expression, theme		Beat, unison, choreography, cannon, expression, timing.	
	Hockey – girls (tactics and strategy)	Grip, dribbling, ball control, passing, shooting, tackling, reverse stick, rules, formations, set plays – hit out, corners, push back.		Split grip, dribble, push pass, hit/slap, high stick, out of bounds.	
Week 23 - 31	Handball – boys (tactics and strategy)	Recap rules (3 steps), Recap dribbling (Passive Play/3 seconds), recap passing (space), recap (standing / jumping), recap defending (stance), recap defending (zonal)	Last lesson last sport questions (refer to	3 Step Rule, 3 Second Rule, Passive Play, Jump Shot, Defensive Stance, Zonal marking, Screening	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Dance – boys (Creativity and Confidence)	Introduction to the Thriller/recognise moving to the beat, introduction to thriller developed, unison, levels, cannon, mirroring		The Beat (8 counts), Rhythm, Timing, Unison, Levels, Cannon, Mirroring, Expression	

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	Football – girls (physical competence)	Dribbling, turning, ball control, passing, shooting, tackling, rules – out of play, kick off, goal kick, corner kick, attacking movement, defensive play, formations, set play.	teacher sheet)	Drag back, inside/outside hook, striking with laces, kick off, attacking, defending	
	Volleyball – girls (Resilience)	Dig, volley/set, serve – underarm, spike, scoring, basic rules – out of play, number of touches on the ball, formations and rotation.		Dig, volley, serve, spike, formation, rotation.	
Week 34 - 38	Athletics – boys (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 300m/baton exchange, 800m	Last lesson last sport questions (refer to teacher sheet)	Grip, stance, height, pacing, power, technique.	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Athletics – girls (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 800m, baton change.		Grip, stance, height, pacing, power, technique	
Week 40 – 44	Cricket – boys (Leadership and responsibility)	Reintroduce rules, bowling developed, batting developed	Last lesson last sport questions (refer to teacher sheet)	Over, boundary, long barrier, one handed pick up, wicketkeeper, crease	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Softball – boys (Leadership and responsibility)	Reintroduce rules, bowling developed, fielding / backing up, batting developed (shot selection)		Strike, no ball, foul, home run, pitcher, catcher, backing up	
	Rounders – girls (Leadership and responsibility)	Underarm/overarm throwing, catching, bowling, batting, fielding, rules – scoring, obstruction, bowlers ball, backward hit, tactics – backing players up		Bowler, back stop, deep fielder, bowlers ball, long barrier, half rounder/full rounder.	
	Cricket – girls (physical competence)	Batting, bowling (introduce overarm), no ball, throwing, catching fielding, scoring – 1/4/6, outs.		Wickets, an over, boundary, crease, long barrier, no ball.	
Week 45 – 47	Trampolining – boys (Creativity and Confidence)	Safety and control developed, turning developed, shapes developed, seat drop developed, front drop developed, performance	Last lesson last sport	Safety, turning, landing, straight jump, tuck, pike	Extra-curricular programme

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	Fitness – girls (Health and well-being)	Continuous, circuit, interval.	questions (refer to teacher sheet)	Immediate effects of exercise, heart rate, breathing rate. Reps, sets, muscle groups.	Lancashire cup competitions Information on local clubs WLSPE Events

Key Assessments				
When	What will be assessed?	Why is this being assessed?		How will results be stored & students receive feedback?
Half term 3	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.		Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.
Half term 6	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.		Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.