

CURRICULUM SEQUENCING; PE *Serviam; Developing our gifts and talents for the good of others.*

| Academic Year <u>Year; 8</u> | Content. Unit title and brief outline of content. All lessons are double lessons. | Skills taught in each unit. | Assessment – what knowledge and skills will be assessed and how? |
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| Autumn A/B | Netball 1 x double PE lesson @ UHS | <ul style="list-style-type: none"> * How to complete a warm up - general * range of passes / 1 and 2 handed * footwork - 1-2 landing / turning in the air / running passes * Marking an opponent with and without the ball. * shooting techniques. * positions on the court. * The difference between a free pass and a penalty pass. * Creating effective attacking opportunities * Player impact on the game. | <p>Practical netball skills; Skills in isolation - best 4 Sending & receiving the ball- students must show a range of passes in isolation. Footwork; movement to receive the ball. Shooting/ ability to create space and when to hold space. Marking / getting free.</p> <p>Skills in competition; Knowledge of the positions. Knowledge of the rules of the game. Assessment of the skills above in game situations.</p> |
| Autumn A/B | <p>Football 1 x double PE lesson @ MP</p> <p>BHM embedded into Aut A; a focus on British Sporting Icons, a look at Black British athletes who are making a difference.</p> | <p>Football;</p> <ul style="list-style-type: none"> * Dribbling with the ball * Passing using all parts of the foot * tackling while on feet * taking a throw in * How to start a match & other basic rules of the game. * Marking * Attacking and defending space * Some goalkeeping skills - the use of the hands. | <p>Football; Students are assessed on their best 4 skills in isolation from all taught.</p> <p>Students will then show these skills in small sided games, competitive game play so show decision making / communicational skills and teamwork.</p> |

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| <p>Spring A/B</p> | <p>Basketball 1 x double lesson & Cross Country - cardiovascular fitness & linking physical health with mental health.</p> | <p>Basketball; * Dribbling the ball * Sending & receiving * Shooting in and around the Key / 3 point shooting * How to complete a Lay-up in game situation * Marking * full & half-court pressing * Rebounding effectivity</p> <p>Cross Country - cardio-vascular fitness; Students complete their own warm-up & stretch. Students run the cross country route each week working on pacing and their running technique. Their aim is to improve their fitness and times to complete the course.</p> | <p>Skills in isolation; Students are practically assessed on their best 4 skills from all taught. These skills are then assessed in small sided games or full court games to show skills during competition/ under pressure.</p> <p>Cross Country; EMB is based on their time to complete the course. Students aim to improve their times from week one to week 6. Effectiveness of demonstrating tactics such as pacing and 'jeffing' as an interval method of pacing.</p> |
| <p>Summer A/B</p> | <p>Sports Day Prep - athletics 1 x double lesson and / or Striking games Cricket / rounders(Soft ball) 1 double lesson</p> | <p>Sports Day Prep - students select and practice their individual athletic event.</p> <p>Cricket; Kwik/ diamond Cricket (soft ball) * Batting - correct batting technique - striking the ball, aiming / placing the strike * Fielding skills - bowling underarm/ overarm with speed * long and short fielding / throwing * long and short barriers * Development of wicket keeper skills- basic keeping skills.</p> | <p>EMB; Athletics</p> <p>Students are assessed on 4 skills in isolation from all taught. They then perform these skills in small competitive situations / game play.</p> |

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| Summer A/B Changeover | Striking games / Cricket (soft ball) 1 x double lesson | Continue to practice and develop the skills learned in Summer A. Students work on analysis of performance, fault correction and tactics in game situations. Students to continue to develop the skills they started to look at in yr7. More practice time to see more consistent display of techniques. | EMB; Cricket Students are assessed on 4 skills in isolation from all taught. They then perform these skills in small competitive situations / game play. |
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