

Curriculum map Physical Education

Year 8

Topic	Invasion Games	Striking & Fielding	Net Games	Health and Fitness	Athletics	Gymnastics/Dance
End Point Knowledge (Objective)	Know how to play in competitive games and apply rules with increasing consistency. Developing knowledge of how to play a specific position. Increasingly aware of the importance of tactics.	Can play games and implement the principles of striking and fielding. Developing tactical knowledge and technical efficiency.	Can play a variety of strokes in singles and doubles and apply most of the rules. Can make better choices when applying principles of attack and defence.	Know the benefits of fitness testing and of maintaining a healthy active lifestyle. Can replicate techniques with increasing accuracy but with some errors in application of knowledge	Can perform skills with increasing accuracy for running, jumping and throwing. Can demonstrate better application and technique for sprinting, sustained running, jumping and throwing.	Can apply movement concepts with increasing accuracy and replicate shapes, turns, rolls, jumps and rotational movements. Pupils will be able to demonstrate correct take-off and landing technique.
Assessment task (s)	Position specific role in a modified practice game,	In an/adapted full size game for the skills of fielding, bowling and batting.	During tournament play in an adapted/ full singles or doubles match.	Baseline fitness testing using normative data to create an individual fitness/performance profile.	Technique based assessment against BA performance criteria.	Performance of skills-based routine assessed against BG performance criteria.
Key text and vocabulary	AQA GCSE 9-1 PE Hodder Education, BBC Bitesize – Adduction, Abduction, Rotation, Flexion, Extension, Plantar Flexion, Dorsiflexion, Circumduction, Capillaries, Veins, Arteries, Synovial Joints, Ligaments, Tendons, Aerobic exercise, Anaerobic Exercise, Role Model, Peer group, Ectomorph, Mesomorph, Endomorph, Anabolic Steroids, Diuretics, EPO, Narcotic Analgesics, Peptide Hormones, Muscles, Isometric Contraction, Isotonic Contraction					
Link with GCSE/ A Level	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 – Analyse and evaluate the factors that underpin	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 – Analyse and evaluate the	AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3 – Analyse and evaluate

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	<p>sport. • AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance</p>	<p>physical activity and sport. • AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance</p>	<p>physical activity and sport. • AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance</p>	<p>performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance</p>	<p>factors that underpin performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance</p>	<p>the factors that underpin performance and involvement in physical activity and sport. • AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance</p>
<p>Challenge: All students</p> <p>More able students</p>	<p>Perform the core skills of running passing and shooting with increased precision and accuracy.</p> <p>Apply passing shooting and running skills with increased speed fluency and efficiency.</p>	<p>Can perform the skills of bowling batting and fielding with increasing precision and accuracy.</p> <p>Apply batting, fielding and bowling techniques with increased accuracy and speed.</p>	<p>Makes good choices for shot selection. Plays aggressive shots with increasing success.</p> <p>Apply strokes with increasing power, precision and fluency.</p>	<p>Can describe specific areas of strength and weakness</p> <p>Can explain how fitness training can improve identified weaknesses in performance</p>	<p>Can identify strengths and weakness in Athletic performance and choose an area for progress and development</p> <p>Can apply techniques in a chosen athletic discipline with increasing control and precision</p>	<p>Can compose and perform a routine individually and in groups and include examples of core Gymnastic skills.</p> <p>Can demonstrate increasing control and fluency in performance and apply movement concepts</p>
<p>Opportunity, Love, Hope, Trust</p>	<p>The Origins of National game and the cultural importance of Football and Rugby.</p>	<p>The importance of Cricket in India and South Asia</p>	<p>Asian success in TT and Badminton</p>	<p>Global health and fitness challenges in the 21st century.</p>	<p>The Olympic dream. celebrating African Athletes</p>	<p>The Olympic dream. What is it and how is it achieved?</p>
<p>Enrichment/Cultural enrichment (1 per term)</p>	<p>Participation in the extended curriculum. Autumn, Winter and Summer provision. Representing House team, Participation in external school sports competition. Affiliation and membership with community sports clubs. Selection and performance for district and regional teams. Attendance at school and community trips and residential breaks for Outdoor Education.</p>					

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