

Year 8 Curriculum Map
PE

	Autumn Term 1		Autumn Term 2		Spring Term 1		Spring Term 2		Summer Term 1		Summer Term 2	
Unit of Learning	Football (Invasion games)	Parkour (Artistic) 1 week of cross-country	Basketball (Invasion games)	Netball (Invasion games)	HEALTH-RELATED-FITNESS	HOCKEY (Invasion)	TABLE TENNIS	RUGBY	ATHLETICS	TENNIS	ATHLETICS	STRIKING AND FIELDING
Unit Focus	Skills, drills, games	Skills, drills	Skills, drills, games	Skills, drills, games	performing to maximal levels improving fitness levels	Skills, drills, games	Skills, drills, games	Skills, drills, games	performing to maximal levels improving fitness levels	Skills, drills, games	performing to maximal levels improving fitness levels	Skills, drills, games
Key Knowledge	FOOTBALL (Invasion) - tactics, higher level gameplay, through balls, set-pieces. Key vocabulary Balance,	Parkour (Artistic) balancing, apparatus work. Key vocabulary Timing, routine, accuracy, technique, tension, extension,	BASKETBALL (Invasion) – man- for man defence and zone defence, when to shoot from different areas, rebounding. Key vocabulary Guard, centre, forward, pivot, zone, man-for-man	NETBALL (Invasion) Playing from different positions and finding a preferred position to play. Attack and defence strategies, positional marking. Key vocabulary - Attack, defence, pivot, positional marking, strategies, teamwork, leadership.	HEALTH-RELATED-FITNESS (performing to maximal levels) Planning and designing your own fitness programme. Biology and terminology more sophisticated. Increased ownership, accountability and independence. Key vocabulary Gastrocnemius, specificity, programme,	HOCKEY (Invasion) - full sided games with full rules. Refereeing. Key vocabulary Leadership, officiate, performance	Introduction to forehand, backhand, serve. Ladder game played. Key vocabulary Forehand, backhand, serve	RUGBY (Invasion) - lineouts, scrumming, kicking. Key vocabulary Tactics, scrumming, kicking, Key vocabulary Rucking, mauling, lineouts, 22-yard, kick-off,	ATHLETICS (Performing to maximal levels) – Peer Coaching guided by teacher, improving personal bests. Key vocabulary Timekeeper, official, recording,	TENNIS (Net/Wall) - topspin, backspin, serving tactics, doubles, ladder tournament, Key vocabulary Coaching, umpire, tram lines, doubles,	ATHLETICS (Performing to maximal levels) recording of best scores, working on beating previous mark. Key vocabulary Velocity, angles, direction of power.	Rounders and Cricket (Striking and Fielding) Peer assessment, tactics, refereeing. Key vocabulary Bouncer, full toss, yorker, spin

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SMSC	Being a team member	Appreciation of perfection, Personal limitation and failure	Extremes of skill, endurance and achievements				Being a team member, extremes of skill, endurance and achievements	Pushing yourself to the limits	Being a team member	Appreciation of perfection	Being a team member	Pushing yourself to the limits Emotion in sport	Extreme of skill, endurance and achievements	Emotion in Sport Pushing yourself to the limits	Appreciation of perfection, Being a team member
How you can help your child at home	Practice skills and drills with a football to improve ball control. If they are really interested in football, consider joining a local football team.	If sufficient space, practice individual balances, standing jumps, one foot to one foot, two to one, one to two.	If a ball is available, practice dribbling with alternate hands. Find a local park with a ring to practice shooting.	If a ball is available, practice passing the ball with a partner, Find a local park with a ring to practice shooting.	Encourage your child to take ownership of their fitness each day covering an element of fitness for half an hour outside of school.	Hand eye coordination drills. Enquire at Redditch Hockey club if pupil is really interested.	Ball juggling skills at home. Working on hand-eye coordination.	Passing a rugby ball correctly over a varying distance.	Practice running over short, medium and long distances. Repeat repetitions to improve technique and fitness.	Ball juggling skills at home. Working on hand-eye coordination	Practice running over short, medium and long distances. Repeat repetitions to improve technique and fitness.		Ball juggling skills at home. Working on hand-eye coordination		