



## Physical Education

### Aims:

- Develop skills and techniques across a broad range of sports and physical activities
- Develop an understanding of strategies and tactics across a wide range of physical activities
- Be able to engage in competitive sports and activities
- Develop an understanding of the importance of leading a balanced, active and healthy lifestyle and how to do this
- Know and understand how to lead effectively in different situations
- Be able to apply the STRIPE skills to successful performance in PE, and be able to evaluate performance

### Content:

Students will study a range of Physical Activities with the aim of encouraging all students to develop a knowledge and understanding of Balanced Active Healthy Lifestyles, as well as engaging within competitive sport. The Year 8 curriculum will build upon the skills learned during year 7 with an increased emphasis upon the use of strategies, tactics and evaluation of performance. PE lessons are delivered within single and mixed gender, mixed ability groups. As well as individual sports, students will focus upon the following key themes, healthy active lifestyles (Fitness), leadership and movement analysis.

### Curriculum Map

Year	Term	Curriculum	Assessment
8	Term 1	<p><b>Health, Fitness and Wellbeing:</b> Students will develop an understanding of the components of fitness, fitness testing methods and types of training. Student will develop an awareness of how exercise can impact their health, fitness and wellbeing.</p> <p><b>Dance:</b> Students will build upon the key requirements of a successful routine with the use of a motif. Challenge will be developed via consideration of formations, relationships, and composition</p> <p><b>Rugby:</b> Students will continue to develop a range of Rugby specific skills, whilst building upon previously learned skills in order to be able to participate in a range of competitive situations.</p> <p><b>Netball:</b> Students will build upon the range of netball specific skills developed during year 7. Students will be encouraged to develop a range of strategies and tactics.</p>	<p>Students are assessed using the BASEO assessment criteria on a half-termly basis. Through regular teacher observation of performance.</p> <p>Students will receive regular verbal feedback from their PE teachers.</p> <p>Knowledge quizzes are used to assess students' knowledge and understanding of the rules and regulations of the sports/activities taught across the curriculum. Students will also use a range of self and peer assessment strategies.</p>
	Term 2	<p><b>Football:</b> Students will continue to develop a range of Football specific skills whilst building upon previously learned skills. Students will be encouraged to develop a range of strategies and tactics.</p> <p><b>Badminton:</b> Students will develop a range of more advanced Badminton specific skills alongside understanding the rules of the game to be able to participate in a range of competitive situations.</p> <p><b>Basketball:</b> Students will develop a range of Basketball specific skills, alongside understanding</p>	<p>Students are assessed using the BASEO assessment criteria on a half-termly basis. Through regular teacher observation of performance.</p> <p>Students will receive regular verbal feedback from their PE teachers.</p> <p>Knowledge quizzes are used to assess students' knowledge and understanding of the rules and regulations of the sports/activities taught across the curriculum.</p>

		the rules of the game, to be able to participate in a range of competitive situations. <b>OAA:</b> Students will develop a range of outdoor adventurous activity skills. Including teamwork challenges, orienteering and problem-solving activities.	Students will also use a range of self and peer assessment strategies.
	<b>Term 3</b> :	<b>Athletics:</b> Students will study a range of running throwing and jumping events. Students will begin to focus on their speed, distance, and times and how these can be improved. <b>Cricket:</b> Students will continue to develop a range of Cricket specific skills and tactics, to be able to participate in a range of competitive situations. Students will be encouraged to develop a range of strategies and tactics. <b>Rounders:</b> Students will continue to develop a range of more advanced rounders skills and tactics, whilst understanding the rules of the game to be able to participate in a range of competitive situations. Students will also understand the fundamentals of umpiring.	Students are assessed using the BASEO assessment criteria on a half-termly basis. Through regular teacher observation of performance. Students will receive regular verbal feedback from their PE teachers. Knowledge quizzes are used to assess students' knowledge and understanding of the rules and regulations of the sports/activities taught across the curriculum. Students will also use a range of self and peer assessment strategies.

**Assessment:** A range of assessments are used across Physical Education lessons

**Extended Learning:** Students receive a range of extended learning activities with a focus upon researching rules, strategies and tactics. Developing knowledge and understanding of Healthy Active Lifestyles, leadership, movement analysis and evaluating their own and others performance.

#### Connection to the JFS Approach

Whole School Theme	How does Physical Education support this?
STRIPE	Students are encouraged to be reflective with their own practical performance and identify ways of improving. Students are encouraged to be enquirers/innovative and creative when selecting and applying strategies and tactics. Students are encouraged to be team players in order to work effectively as part of a team. Students are also encouraged to develop their leadership skills and practice effective communication. Students are encouraged to be effective participators by taking part in a range of activities. Students are encouraged to be innovative and creative when planning, performing routines within dance and gymnastics. Students are encouraged to be self-managers by taking responsibility for their PE kit and equipment.
STEAM	Specific activity related equipment used throughout the schemes of learning. Use of performance analysis software as a tool to evaluate and improve performance.
Literacy	Students are encouraged to use specialist language, defined and used regularly throughout all Schemes of Learning.
Numeracy	Students will be encouraged to accurately: score, time keep, record distances and analyse performance data/statistics.
SMSC, British Values and Citizenship	Students will be encouraged to develop their self-knowledge, self-esteem and self-confidence. Distinguish right from wrong. Accept responsibility for their behaviour. Show initiative, and understand how they can contribute positively. Respect others, and deal with success and failure.