

## Year 8 PE

Subject and Year Group	Invasion games	Net/wall games	Striking and fielding games	Athletics	Creative movement	Other
<b>Sports/activities we currently cover</b>	<ul style="list-style-type: none"> <li>Rugby</li> <li>Football</li> <li>Hockey</li> <li>Netball</li> <li>Handball</li> </ul>	<ul style="list-style-type: none"> <li>Badminton</li> <li>Table Tennis</li> <li>Tennis</li> </ul>	<ul style="list-style-type: none"> <li>Cricket</li> <li>Rounders</li> <li>Dodgeball</li> </ul>	<ul style="list-style-type: none"> <li>X2 Jumps – LJ/HJ</li> <li>X2 Throws – Discus/Javelin</li> <li>X2 Runs – 70m/1000m</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>HRF</li> <li>Orienteering</li> </ul>
<b>Core practical knowledge and skills</b>	<p>Core skills and techniques from a range of sports and practical activities including more advanced techniques - including passing &amp; receiving/outwitting opponents/defensive skills/tactics &amp; strategies/positioning/shot selection/composition of sequences/decision making/rules &amp; regulations</p> <p>All lessons have a particular focus on teamwork, social interaction, respect, resilience, responsibility.</p>					
<b>Powerful Knowledge (Theory content to be implemented)</b>	<p>Bones- location of the 19 major bones in the body</p> <ul style="list-style-type: none"> <li>Cranium</li> <li>Clavicle</li> <li>Sternum</li> <li>Ribs</li> <li>Scapula</li> <li>Vertebrae</li> <li>Pelvis</li> <li>Humerus</li> <li>Radius</li> <li>Ulna</li> <li>Femur</li> <li>Tibia</li> <li>Fibula</li> <li>Patella</li> <li>Metacarpals</li> <li>Metatarsals</li> <li>Tarsals</li> <li>Carpals</li> <li>Phalanges</li> </ul>	<p>Muscles- location of the 11 major muscles</p> <ul style="list-style-type: none"> <li>Trapezius</li> <li>Pectorals</li> <li>Abdominals</li> <li>Biceps</li> <li>Triceps</li> <li>Latissimus Dorsi</li> <li>Hamstring</li> <li>Quadriceps</li> <li>Deltoid</li> <li>Gastrocnemius</li> <li>Gluteals</li> </ul>	<p>Structure of the heart – Blood vessels</p> <ul style="list-style-type: none"> <li>Arteries</li> <li>Veins</li> <li>Capillaries</li> </ul>	<p>Skill classification- characteristics of skilful movement and 2 continuums</p> <ul style="list-style-type: none"> <li>Fluency</li> <li>Pre-determined</li> <li>Aesthetically pleasing</li> <li>Coordinated</li> <li>Efficient</li> <li>Simple-Complex continuum</li> <li>Open/Closed continuum</li> </ul>	<p>Guidance &amp; Feedback and application to performance</p> <ul style="list-style-type: none"> <li>Manual</li> <li>Mechanical</li> <li>Verbal</li> <li>Visual</li> <li>Intrinsic</li> <li>Extrinsic</li> <li>Positive</li> <li>Negative</li> <li>Knowledge of Performance</li> <li>Knowledge of Results</li> </ul>	<p>Retrieval</p>

Assessment	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Assessment for and of Learning	<ul style="list-style-type: none"> <li>- Practical assessment of all core/advanced skills. Staff to set up previously learnt practical skills carousel and rotate students accordingly.</li> <li>- Theory assessment using Microsoft Office Forms/ Kahoot for all groups incorporating a range of multiple choice/short answer questions.</li> </ul>					