

Curriculum Overview

Subject: Physical Education

Year Group: 8



Pupils continue to develop fundamental skills in team sports and individual activities. Once consistency of fundamental skills has been demonstrated, pupils are extended through opportunities to develop more complex skills. Initial tactics are reviewed and improved in team sports and more detailed evaluation techniques and sequencing in individual activities. Health and safety requirements of each activity will be reviewed. Pupils are encouraged to demonstrate increasingly effective and developed skills and tactics in small sided games. Pupils can describe the 4 QPG levels, what level they are and what they need to do to improve. Key terms are embedded in lessons and reinforced around teaching areas and in changing rooms. Pupils are encouraged to attend EC. Gifted and talented pupils are informed of local clubs to attend and are entered in to county, regional and national competitions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Pupils will be able to conduct an independent warm up. Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p><u>Team Sports</u></p> <p>Basketball, Netball, Football, Rugby, Tchoukball, Handball, Dodgeball</p> <p>Basic skills are reviewed and developed. Spatial awareness is further enhanced. Formation and positional awareness is introduced.</p> <p><u>Individual Activities</u></p>	<p>KNOWLEDGE/SKILLS</p> <p>Pupils will be able to conduct an independent warm up. Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p><u>Team Sports</u></p> <p>Basketball, Netball, Football, Rugby Tchoukball, Handball, Dodgeball</p> <p>Basic skills are reviewed and developed. Spatial awareness is further enhanced. Formation and positional awareness is introduced.</p>	<p>KNOWLEDGE/SKILLS</p> <p>Pupils will be able to conduct an independent warm up. Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Softball, Long ball</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p>

Trampolining, Fitness, Badminton, Table Tennis, Cross Country.	<u>Individual Activities</u> Trampolining, Fitness, Badminton, Table Tennis, Cross Country.	
<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>
<p>Extended reading suggestions and external resources:</p> <p>Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.</p> <p>External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club.</p>		