

CURRICULUM MAP:
GIRLS PE
YEAR 8



ST JAMES'
CATHOLIC HIGH SCHOOL

							EOY Assessment Point
							HT6: Athletics Field / Rounders/ Tag Rugby
						HT5: Athletics Track / Rounders	Overarching unit intent:
				HT4: Fitness/ Gymnastics	Assessment Point: Summative or AFL		Acquisition of skills and techniques. Measure and improve power and distance. Analyse performance compared to previous one and demonstrate improvement to achieve their personal best.
			HT3: Hockey/ Football	Overarching unit intent:	HT3 and HT4 (with elements of HT1 and HT2)	Overarching unit intent:	Embed the physical development skills learned in HT 5 so that pupils become more competent and confidence in their techniques.
	HT2: Netball/ Badminton / Dance	Assessment Point: Summative or AFL	Overarching unit intent:	Acquisition of skills and techniques. Analyse performance compared to others and demonstrate improvement.	Individuals are taught in ability-based group for hockey and football from previous year 7.	Overarching unit intent:	Embed the physical development skills learned in Year 7 so that pupils become more competent and confidence in their techniques.
HT1: Netball/ Badminton / Fitness	Overarching unit intent:	HT1 & HT2	Acquisition of skills and techniques. Analyse performance compared to others and demonstrate improvement.	Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Individuals are taught in mixed ability groups for gym working in pairs to enhance their sport specific vocabulary.	Overarching unit intent:	Embed the physical development skills learned in HT 5 so that pupils become more competent and confidence in their techniques.
Overarching unit intent:	Application of skills and technique.	Individuals are assessed based on their ability and group accordingly in Netball and badminton.	Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques.	Fitness: Review HT1 Review progress in fitness test. Develop methods of training to allow for adaptations to take place.	Individuals are taught as a mixed ability group to identify current fitness levels and identify areas to improve.	Overarching unit intent:	Athletics Field: Shot putt, discus, javelin, long jump, triple jump.
Application of skills and technique.	Enhance the physical development skills learned in Year 7 so that pupils become more competent and confidence in their techniques. Baseline fitness test.	Fitness is taught as a mixed ability to group to identify current fitness levels and identify areas to improve.	Hockey: Correct grip of the hockey stick, basic dribbling, push pass technique, receiving a pass, Develop reverse stick work, conditioned games, and small sided games	Gymnastics, Introduction to the basic shapes forming the basis of all gymnastics moves, develop balance movements utilising a variety of body parts, develop core strength	Fitness is taught as a mixed ability to group to identify current fitness levels and identify areas to improve.	Overarching unit intent:	Re-visit HT 5
Enhance the physical development skills learned in Year 7 so that pupils become more competent and confidence in their techniques. Baseline fitness test.	Re-visit Year 7	Key disciplinary knowledge			Fitness is taught as a mixed ability to group to identify current fitness levels and identify areas to improve.	Overarching unit intent:	Rounders:
Baseline assessment of netball, badminton and cardiovascular fitness ability.	Netball: Progress basic passing techniques and passing on the move, footwork, possession-based drills, movement into space, conditioned games and small side games	Hand-eye, foot-eye coordination, cardiovascular fitness. Ability to use a range of tactics and strategies to overcome opponents			Key disciplinary knowledge	Overarching unit intent:	Grip of bat, basic stance, underarm bowling technique, batting strokes, fielding catching and throwing, overarm and underarm.
Re-visit Year 7		Key Concepts			Hand-eye, foot-eye coordination, cardiovascular fitness. Ability to use a range of tactics and strategies to overcome opponents	Overarching unit intent:	Re-visit core skills and techniques to enhance ability to perform in competitive game situations.
Netball: Progress basic passing techniques and passing on the move,					Hand-eye, foot-eye coordination, cardiovascular fitness. Ability to use a range of tactics and strategies to overcome opponents	Overarching unit intent:	Rugby
							Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective,



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<p>footwork, possession based drills, movement into space, conditioned games and small side games</p> <p>focusing on passing, movement and footwork.</p> <p>Re-visit Year 7</p> <p>Badminton: Grip of the racquet, Backhand low serve, basic overhead shot to maintain a rally, drop shot, conditioned games, half court games.</p> <p>Fitness: Baseline fitness tests, Revisiting the various methods of training, continuous, circuit, interval. 9 minute run</p>	<p>focusing on passing, movement and footwork.</p> <p>Re-visit Year 7</p> <p>Badminton: Grip of the racquet, Backhand low serve, basic overhead shot to maintain a rally, drop shot, conditioned games, half court games.</p> <p>Dance: To perform the main dance actions, develop a motif, space, relationships, dynamics, perform in front of peers</p>	<p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity.</p> <p>Participate and compete in activities that build character and help to embed values such as fairness and respect.</p>	<p>Football:</p> <p>Basic passing techniques, ball control, possession-based drills, conditioned games and small side games focusing on passing, movement and control.</p>	<p>in order to achieve balance positions, Encourage creativity in travel movements, link movements together to create a sequence, develop the quality of the movement, and introduce aesthetics of a good performance.</p>	<p>Recapping core skills learnt in previous units.</p> <p>Key Concepts</p> <p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities.</p> <p>Participate and compete in activities that build character and help to embed values such as fairness and respect.</p>	<p>Conditioned games with differentiated bats and balls.</p>	<p>Basic passing and receiving drills, ball familiarisation, passing and receiving on the move, introduce the concept of running forwards, passing backwards, conditioned games and small sided games.</p>	<p>Self / peer assessment, Engaging in competitive sports and activities.</p> <p>Cross curricular links</p> <p>Maths, Science, CPSHCE</p> <p>Participate and compete in activities that build character and help to embed values such as fairness and respect.</p>
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