

CURRICULUM MAP:
GIRLS PE
YEAR 8



ST JAMES'
CATHOLIC HIGH SCHOOL

							EOY Assessment Point								
					HT4: Rugby/ Gymnastics		HT6: Athletics Field / Rounders								
			HT3: Dance /Badminton/ Football		Assessment Point: Summative or AFL		HT5: Athletics Track / Rounders								
HT2: Hockey / Handball		Assessment Point: Summative or AFL		Overarching unit intent:		Overarching unit intent:		Overarching unit intent:							
<p>HT1: Netball/ Badminton / Fitness</p> <p><u>Overarching unit intent:</u></p> <p>Application of skills and technique.</p> <p>Enhance the physical development skills learned in Year 7 so that pupils become more competent and confidence in their techniques. Baseline fitness test.</p> <p>Baseline assessment of netball, badminton and cardiovascular fitness ability.</p> <p>Re-visit Year 7</p> <p>Netball: Progress basic passing techniques and passing on the move,</p>	<p><u>Overarching unit intent:</u></p> <p>Application of skills and technique.</p> <p>Enhance the physical development skills learned in Year 7 so that pupils become more competent and confidence in their techniques. Baseline fitness test.</p> <p>Re-visit Year 7</p> <p>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.</p> <p>Engage in competitive games and sport.</p>	<p>HT1 & HT2</p> <p>Individuals are assessed based on their ability and group accordingly in football/ handball and badminton/ table tennis.</p> <p>In rugby groups are taught based on competence and confidence.</p> <p>Key disciplinary knowledge</p> <p>Hand-eye, foot-eye coordination, cardiovascular fitness. Ability to use a range of tactics and strategies to overcome opponents</p> <p>Key Concepts</p> <p>Embed physical development and skills learnt,</p>		<p><u>Overarching unit intent:</u></p> <p>Acquisition of skills and techniques. Analyse performance compared to others and demonstrate improvement.</p> <p>Embed the physical development skills learned in KS2 & KS3 so that pupils become more competent and confidence in their techniques. Engage in competitive games and sport.</p> <p>Re-visit Year 7</p> <p>Dance: To perform the main dance actions, develop a motif, space, relationships, dynamics, perform in front of peers</p>		<p>Overarching unit intent:</p> <p>Acquisition of skills and techniques.</p> <p>Embed the physical development skills learned in year 7 so that pupils become more competent and confidence in their techniques.</p> <p>Re-visit Year 7</p> <p>Rugby</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. Engage in competitive games and sport.</p> <p>Re-visit Year 7</p> <p>Gymnastics,</p>		<p>Assessment Point: Summative or AFL</p> <p>HT3 and HT4 (with elements of HT1 and HT2)</p> <p>Individuals are a taught in mixed ability groups for basketball and hockey. In rugby groups are taught based on competence and confidence.</p> <p>In badminton and table tennis groups are taught based on ability from the previous HT 4.</p> <p>Key disciplinary knowledge</p> <p>Hand-eye, foot-eye coordination, cardiovascular fitness. Ability to use a range of tactics and strategies to overcome opponents</p> <p>Recapping core skills learnt in previous units.</p>		<p>Overarching unit intent:</p> <p>Acquisition of skills and techniques. Measure and improve speed and cardiovascular fitness. Analyse performance compared to previous one and demonstrate improvement to achieve their personal best.</p> <p>Embed the physical development skills learned in Year 7 so that pupils become more competent and confidence in their techniques.</p> <p>Athletics Field: Shot putt, discus, javelin, long jump, triple jump. Engage in competitive games and sport.</p> <p>Re-visit HT 5</p> <p>Rounders:</p> <p>Grip of bat, basic stance, underarm bowling technique, batting strokes, fielding catching and throwing, overarm and underarm.</p>		<p>Overarching unit intent:</p> <p>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.</p> <p>Embed the physical development skills learned in HT 5 so that pupils become more competent and confidence in their techniques.</p> <p>Athletics Field: Shot putt, discus, javelin, long jump, triple jump. Engage in competitive games and sport.</p> <p>Re-visit HT 5</p> <p>Rounders:</p> <p>Re-visit core skills and techniques to enhance ability to perform in competitive game situations. Engage in competitive games and sport.</p>		<p>HT1 – HT6</p> <p>Individuals are a taught in mixed ability groups for athletics, cricket and softball.</p> <p>Key Disciplinary Knowledge</p> <p>Hand-eye, foot-eye coordination, cardiovascular fitness. Speed, power. Ability to use a range of tactics and strategies to overcome opponents</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>footwork, possession based drills, movement into space, conditioned games and small side games focussing on passing, movement and footwork. Engage in competitive games and sport.</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. Engage in competitive games and sport.</p> <p>Cardiovascular fitness test: 6 min run.</p>	<p>Re-visit basic throwing and catching skills from Netball.</p> <p>Handball: Passing techniques, dribbling, footwork, shooting games, tactics and positions conditioned games, full game. Engage in competitive games and sport.</p>	<p>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. Engage in competitive games and sport.</p>	<p>Re-visit HT1</p> <p>Badminton:</p> <p>Develop tactics within the game. Grip of the racquet, Backhand low serve, basic overhead shot to maintain a rally, drop shot, conditioned games, half court games. Engage in competitive games and sport.</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. Engage in competitive games and sport.</p>	<p>Introduction to the basic shapes forming the basis of all gymnastics moves, develop balance movements utilising a variety of body parts, develop core strength 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>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. Engage in competitive games and sport.</p>	<p>Conditioned games with differentiated bats and balls. Engage in competitive games and sport. Engage in competitive games and sport.</p>		<p>Engage in competitive games and sport.</p> <p>Cross curricular links</p> <p>Maths, Science, CPSHCE</p>
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