


PE Department - Year 8: Boys

 <p>Shirley High Curriculum Map</p>	<p><i>Pupils will continue to build upon their knowledge of key skills learnt in Year 7. Students will continue to develop competence to excel in a broad range of physical activities whilst being physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will continue to develop their understanding of the benefits of leading healthy active lifestyles.</i></p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Outwitting Opponents Football	Outwitting Opponents Basketball/Handball	OAA – Team building, Communication & Orienteering	Net and wall – Table Tennis	Performing at maximum levels - Athletics	Striking and Fielding – Cricket
Why Now?	To develop student’s experiences from Year 7 and winter half term 1 which will enable them to continue to develop their ability to <i>link and combine skills and techniques</i> with accuracy and precision. To continue to develop their understanding of <i>tactics</i> and <i>strategies</i> to overcome opponents within outwitting team sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition	To develop student’s experiences from Year 7 and winter half term 1 which will enable them to continue to develop their ability to understand how to <i>link and combine skills and techniques</i> with accuracy and precision. To continue to develop their understanding of <i>tactics</i> and <i>strategies</i> to overcome opponents within outwitting team sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition	Implemented at this stage of the KS3 Curriculum to develop students’ communication, leadership, and teamwork skills. Students already have some knowledge and understanding of these concepts and their importance within PE and sport. Improvements in these key areas which underpin PE and sport will help to develop performance and progress in other areas of the SHS PE curriculum	To introduce students to a Net and Wall sport which will build on student’s experiences from Year 8 and winter term and enable them to further develop their ability to <i>link and combine skills and techniques</i> more consistently with accuracy and precision in <i>match/game situations</i> . To further develop their understanding of <i>tactics</i> and <i>strategies</i> to overcome opponents within a Net and wall sport. Timing of the topic supports the mission of the department to establish strong extracurricular competition.	To develop student’s experiences from Year 7 which will enable them to continue to develop their ability to <i>link and combine skills and techniques</i> with accuracy and precision. To continue to develop their ability to use <i>tactics</i> and <i>strategies</i> which will enable students to continue to improve personal bests within the category of performing at maximum levels. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition.	To develop student’s experiences from Year 7 which will enable them to continue to develop their ability to <i>link and combine skills and techniques</i> with accuracy and precision. To continue to develop their understanding of <i>tactics</i> and <i>strategies</i> to overcome opponents within striking and fielding sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition.
Fundamental Concepts	Continue to develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Football. Continue to develop the quality of skills using various techniques and evaluation to improve performance.	Continue to develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Basketball. Continue to develop the quality of skills using various techniques and evaluation to improve performance.	Range of activities, which present mental and physical challenges which focus on teamwork; building trust; communication and developing skills to solve problems, either individually or as a group.	Introduce and develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Table-Tennis. Develop the quality of skills using various techniques and evaluation to improve performance.	Continue to develop performance to accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. Evaluate aspects of technique and use the information to become more technically proficient.	Continue to develop performance to replicate and improve individual technique in batting, bowling and fielding. with the intention of outwitting opponents Evaluate aspects of technique and use the information to become more technically proficient
Students will...	<ul style="list-style-type: none"> -Continue to develop the fundamental principles of play when selecting and applying tactics for defending and attacking. -Continue to develop the skills necessary to outwit opponents. Passing, shooting, control and heading will be developed through drills, small sided games and conditional situations. -Continue to develop their ability to recognise similarities in principles of attack and defence. -Continue to develop their ability to give evaluations of strengths and weaknesses of performance and suggest areas for improvement. -Continue to develop knowledge of the major rules and laws of Football -Lead a 3-phase warm up specific to Football -Continue to develop understanding of the type of fitness football players need to perform at a high level. 	<ul style="list-style-type: none"> -Continue to develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Continue to develop the skills necessary to outwit opponents. Footwork passing, receiving, outwitting defenders, dribbling, and shooting will be developed through drills, small sided games and conditional situations. -Continue to develop their ability to recognise similarities in principles of attack and defence. -Continue to develop their ability to give evaluations of strengths and weaknesses of performance and suggest areas for improvement. -Continue to develop a knowledge of the major rules and laws of Basketball. Introduce the rules and laws of Handball -Lead a 3-phase warm up specific to Basketball/Handball. -Continue to develop understanding of the type of fitness Basketball/Handball players need to perform at a high level. 	<ul style="list-style-type: none"> -Develop basic communication, listening and team work skills to achieve a desired outcome -Learn basic orienteering skills, e.g. map reading, compass skills, map setting etc. to navigate around a set course. -Make effective route choices focusing on speed and accuracy to find control points. -Take on a variety of roles and responsibilities to safely and successfully undertake a range of team building, trust exercises and activities. -Develop observation and evaluation skills, which will involve identifying strengths and weaknesses; setting goals and targets; understanding roles and responsibilities (e.g. group leader roles); using key words and employing different strategies to evaluate their own and others performances -Develop an understanding of the different components of fitness required in OAA activities 	<ul style="list-style-type: none"> - Be introduced and develop the fundamental principles of play when selecting and applying tactics for defensive and attacking play in Table-Tennis. -Develop and embed the skills necessary to outwit opponents – serving, push shots, spin (topspin, sidespin and backspin) lobs, and smash will be developed through basic and advanced drills, small sided games and conditional situations. -Be able to use information gained from analysis of performance to influence and improve their own and peer performance. -Develop a deeper understanding of stretches for all major muscle groups and those specific to Table Tennis. -Develop and embed pupils understanding of the rules of Table Tennis -Lead 3 phase warm up specific to Table –Tennis to class. -Develop and embed understanding of the type of fitness Table- Tennis players need to perform at a high level. 	<ul style="list-style-type: none"> -Continue to develop the skills necessary to compete and achieve in a number of athletic events. -Gain further experience at jumping events (aiming for height/distance), throwing events (aiming for distance) and running disciplines (the time taken to cover a set distance). -Continue to develop and refine skills and tactical decisions in order to run, jump or throw further. -Continue to develop their ability to give evaluations of strengths and weaknesses of performance and suggest areas for improvement. Continue to develop pupils understanding of the rules that make up the athletics events covered -Continue to develop understanding of the various types of fitness needed to be successful in the different athletics events. -Be able to lead a 3-stage warm up 	<ul style="list-style-type: none"> -Continue to develop to use of principles of play when selecting and applying tactics to produce a successful outcome. -Continue to develop the skills necessary to outwit opponents, such as batting, bowling and fielding, through drills games and conditional situations -Continue to develop their ability to implement strategic and tactical decisions based on the hitting/placement of the ball into space and choice of skill execution -Continue to develop their ability to give evaluations of strengths and weaknesses of performance and suggest areas for improvement. -Continue to develop a knowledge of the major rules and laws of Cricket. -Lead a 3-phase warm up specific to Cricket. -Continue to develop understanding of the type of fitness Cricket players need to perform at a high level.
Language for Life (Key terms /Vocabulary)	<p>Passing – push; inside; outside; marking; goal side; shooting; control; offside; tactics; attacking; defending; teamwork; tactics; strategies; coaching; officiating; umpiring principles of attack and defence; keeping possession; dispossessing an opponent; covering; intercepting; marking; tackling; width and depth in attack; accuracy; variation.</p> <p>Component of fitness relative to Football – Speed; Power; Agility; Cardio-Vascular Endurance; Flexibility; Coordination.</p> <p>Components of warming up specific to Football – pulse raiser; static stretching; sports specific re-warm</p> <p>Embed terminology/language for muscles. Introduce major bones in the body.</p>	<p>Pivoting; passing (chest, bounce/shoulder) set shot; Jump shot; dive shot; drive; lay-up; double dribble; travelling; man to man; marking; rebound; footwork; block; principles of attack and Defence; width and depth in attack; finding and using space; changing direction.</p> <p>Components of fitness specific to basketball & handball– Reaction time; Agility; Coordination; Balance; Speed; Power.</p> <p>Components of warming up specific to Basketball and Handball – warm up; pulse raiser; static stretching; sports specific re-warm.</p> <p>Embed terminology/language relating to muscles. Introduce major bones of the human body</p>	<p>Risk assessments; emergency procedures; e.g. rescue; first aid; distress signals; contacting emergency services; personal protective equipment; guidelines; control points; communication; trust verbal; non-verbal; evaluate; observers; land-based; water-based; SMART targets, map setting; navigation, pacing; terrain; environment; residential; hazard; making decisions</p> <p>Components of warming up specific to OAA – warm up, pulse raiser, static stretching, sports specific re-warm.</p> <p>Embed terminology/language for muscles. Introduce major bones in the body.</p>	<p>Forehand; backhand; drive topspin; backspin; sidespin; serve; push; lob; smash; closed grip; open grip; cross court; down the line; deep ball; short ball; flat; let; paddle; penhold; rally; receiver; volley.</p> <p>Components of fitness specific to Table Tennis– Reaction time; Agility; Coordination; Balance; Speed.</p> <p>Components of warming up specific to Table tennis – warm up, pulse raiser, static/ballistic stretching, sports specific re-warm,</p> <p>Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to nutrition e.g. carbohydrates, fats, protein.</p>	<p>Olympics; running; lead leg, trail leg; stride length; cadence; leg and arm action; head position; pacing; throwing; grip; stance; <i>release</i> and follow-through; angle of release; jumping; approach; run; acceleration; maintaining momentum; take off and lift; arm action; baton; bell; lap; discus; javelin; hammer; shot; hurdles; long jump; high jump; false start; lap; sprinting; middle/ long distance; marathon; relay; records; starting blocks; coaching; officiating; umpiring; tactics strategies</p> <p>Components of fitness relevant to Athletics – Speed; Power; Agility; Reaction Time Stamina; Balance, Flexibility.</p> <p>Components of warming up specific to Athletics – pulse raiser, static stretching sports specific re-warm. Embed terminology/language for muscles. Introduce major bones in the body.</p>	<p>Stance; body position; follow-through; mechanics of movement; no ball; batting order; bowling techniques; anticipation field placements; tactics; strategies; coaching; officiating; umpiring,</p> <p>Component of fitness relative to Cricket – Speed; Power; Agility; Coordination; Reaction Time.</p> <p>Components of warming up specific to Cricket – pulse raiser; static stretching; sports specific re-warm.</p> <p>Embed terminology/language for muscles. Introduce major bones in the body.</p>

Extended writing Opportunities	N/A	N/A	N/A	n/a	N/A	N/A
Maths Across the Curriculum	Angles; Shape; Percentages; Ratios; Averages.	Scoring Angles; Shape; Percentages; Ratios; Averages.	Co-ordinates; Shape	Scoring, Angles, percentages, averages	Measuring Distances, Time splits; WRs; Collating data & comparing recordings against other bests.	Scoring; Angles; Shape Percentages; Ratios; Averages
Links to careers/ aspirations	Direct students to career pathways within the sports coaching and sports development sector	Direct students to career pathways within personal Training and sports centre management	Direct students to career pathways within education – PE teacher, college and university sports lecturer	Direct students to career pathways within education – PE teacher, college and university sports lecturer	Direct students to career pathways in sport therapies – physiotherapy, injury rehab and sports psychology	Direct students to career pathways in sports journalism, sports photography and advertising
Cultural Capital	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.
Practical Application of Skills	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations