


PE Department - Year 8: Girls

<p><i>Pupils should build on and embed the physical development and skills learned in Key Stage 2. Students will 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 develop their knowledge of the benefits of leading a healthy active lifestyle.</i></p>						
 Shirley High Curriculum Map	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:
	Netball	Basketball & Fitness	Football	Trampoline	Athletics	Handball & Cricket
Why Now?	<p>- Competitions local & regional. -Extracurricular clubs & fixtures -Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport</p>	<p>-Competitions local & regional. -Extra curricular clubs & fixtures -Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport -Develop further knowledge for improving levels of fitness and leading an active healthy lifestyle.</p>	<p>-Competitions local & regional. -Extra curricular clubs & fixtures -Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport.</p>	<p>-Competitions local & regional. -Extra curricular clubs & fixtures -Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport</p>	<p>-Competitions local & regional. -Extra curricular clubs & fixtures -Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport</p>	<p>-Competitions local & regional. -Extra curricular clubs & fixtures -Develop foundation knowledge for: Motor proficiency, rules, strategies and tactics and Physical Health to the sport</p>
Fundamental Concepts	<p>Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Netball. Improve the quality of skills using various techniques and evaluation to improve performance.</p>	<p>Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Basketball. Improve the quality of skills using various techniques and evaluation to improve performance. Improve levels of fitness by maintaining high levels of physical activity in training methods. Evaluate strengths and weaknesses through fitness testing.</p>	<p>Use skills and basic principles of attack and defence to plan strategies and tactics to outwit the opposition in Football. Improve the quality of skills using various techniques and evaluation to improve performance.</p>	<p>Demonstrate skills individually and in combination. Incorporate control, precision and aesthetics into sequences showing creativity. Evaluate performance to improve</p>	<p>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.</p>	<p>Replicate and improve individual technique in batting, bowling and fielding. with the intention of outwitting opponents. Improve offense and defence techniques to outwit an opponent in handball. Evaluate aspects of technique and use the information to become more technically proficient</p>
Students will...	<p>Motor proficiency - Develop explanations and performance of attacking principles such as stance/footwork, passing and movement off the ball, dodging and shooting, through conditional and competitive situations. Develop explanations and performance of defensive principles such as marking the ball, player and space and intercepting through drills through conditional and competitive situations. Rules, strategies and tactics Further develop knowledge of, the rules surrounding match play. Further develop knowledge of, the basic strategies and tactics. Health Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment. Theory content - Identify location of major bones and muscles.</p>	<p>Motor proficiency - <u>Training Methods</u> Interval training Explain and perform a 12 station circuit while maintaining high levels of physical activity. HIIT training Explain and perform a 20 minute fartlek route while maintaining high levels of physical activity. <u>Fitness Testing</u> Explain, perform and record results of the following tests: Ruler drop test Standing stork test sit and reach test wall throw test <u>Basketball</u> Develop explanations and performance of attacking principles such as stance/footwork, passing and movement, dribbling and shooting, through conditional and competitive situations. Develop explanations and performance of defensive principles such as marking through drills through conditional and competitive situations. Rules, strategies and tactics - Further develop knowledge of, the rules surrounding match play. Further develop knowledge of, the basic strategies and tactics. Health - Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment. Theory content -</p>	<p>Motor proficiency - <u>Football</u> Explain and perform attacking principles such as ball control, passing and movement, dribbling and shooting, through conditional and competitive situations. Explain and perform defensive principles such as marking and tackling through drills through conditional and competitive situations. Rules, strategies and tactics - Develop knowledge of, the rules surrounding match play. Develop knowledge of, the basic strategies and tactics. Health - Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment. Theory content - Identify location of major bones and muscle</p>	<p>Motor proficiency - Develop explanations and performance of fundamentals, twists, landings, combined movements and routines while demonstrating good body tension. Skills to be demonstrated in Y8 include: Tuck jump, swivel hips, hands and knees to front landing. Rules, strategies and tactics - Further develop knowledge of how to link skills together to form a sequential routine. Health - Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment. Theory content - Identify location of major bones and muscles.</p>	<p>Motor proficiency - Develop explanations and performance of throwing events (Shot Put, discus, javelin) through conditional and competitive situations. Develop explanations and performance of sprint events (100m, 200m, sprint start) through conditional and competitive situations. Develop explanations and performance of middle and long distance events (800m and 1500m) through conditional and competitive situations. Develop explanations and performance of a 4x100m relay through conditional and competitive situations. Rules, strategies and tactics - Further develop knowledge of the rules surrounding sprint starts, legal throws and lane protocol during changeovers. Health - Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment. Theory content - Identify location of major bones and muscles.</p>	<p>Motor proficiency - <u>Handball</u> Explain and perform offensive techniques such as catching, passing, dribbling and shooting through conditional and competitive situations. Explain and perform defensive techniques such as protecting the line and man marking. Rules, strategies and tactics - Develop knowledge of, the rules surrounding match play. Develop knowledge of, the basic strategies and tactics Health - Physical - Learn to maintain high levels of physical activity. Mental - Develop resilience and confidence. Social - Develop teamwork and social skills within an active environment. Motor proficiency - <u>Cricket</u> Explain and perform straight bat attacking and defensive shots, in conditioned and competitive situations. Explain and perform legal bowling technique in conditioned and competitive situations. Explain and perform barrier techniques in conditioned and competitive situations. Rules, strategies and tactics - Develop knowledge of the rules surrounding match play. Develop knowledge of, the basic strategies and tactics</p>

		Identify location of major bones and muscles				
Language for Life (Key terms /Vocabulary)	<p>Key words- Pivoting; dodge footwork; interception, marking; rebound, footwork, obstruction and contact. Offside.</p> <p>Principles of attack and defence; keeping possession; intercepting, marking, Dodging, Obstructing, stepping technique. Offside.</p> <p>Components of fitness Agility; Coordination; Balance; speed, Muscular endurance & Flexibility</p> <p>Stages of a warm up/Cool down pulse raiser, stretching, Mobility, dynamic movement, skill rehearsal, low intensity exercises, stretching. Embed terminology relating to muscles. Introduce major bones of the human body.</p>	<p>Fitness</p> <p>Heart rate; training zones; muscular endurance; cardiovascular endurance; interval training; speedplay; short term effects of exercise; long term effects of exercise;</p> <p>Basketball</p> <p>Attacking – move into space, box out; pivoting; screen; half court press; triple threat.</p> <p>Defending - zonal marking; man marking; rebounds.</p> <p>Rules, strategies and tactics - double dribble; travelling,; fouls; carrying,</p>	<p>Attacking – move into space; side foot; pass appreciation, body shape; break lines; receive on the back foot; knee over ball; arms for balance.</p> <p>Defending - goal side; jockey; recover; combative; positioning; zonal marking; man marking.</p> <p>Rules; strategies and tactics - offside; throw ins; dead ball situations; fouls; formations; attacking and defensive tactics</p>	<p>Aesthetically; body tensions; extension; balance; counter balance; sequence; routines, control; cannon; unison; locomotion; coaching; officiating; umpiring</p> <p>Components of fitness relevant to trampoline – Balance; Strength; Power; Flexibility; Components of warming up specific to Trampoline – warm up, pulse raiser, static stretching, sports specific re-warm. Intro terminology relating to muscles</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. Components of warming up specific to Athletics – pulse raiser, static stretching sports specific re-warm. Intro terminology to muscles</p>	<p>Handball</p> <p>Passing; Dribbling; Shooting; Pivot; Wing; Center; Defense; Attack; Fast break; Penalty; Free throw; Referee; Yellow card; Red card; Match; Tournament; Foul; Timeout; Strategy; Speed; Agility; Teamwork; Rules; Court dimensions; Handball shoes; Throw-in; Bounce pass; Block; Interception; Substitution; Playmaker; Attack formation; Defensive formation; Counterattack; Throw-off.</p> <p>Cricket</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>
Extended writing Opportunities						
Maths Across the Curriculum	<p>Percentages, shape, angles.</p> <p>Scoring using addition.</p>	<p>Measuring heart rate. Calculating maximum heart rate and distance covered in 12 minute Cooper run. Understanding units for time and distance.</p>	<p>Angles, Shape percentages/ratios/averages</p>	<p>Scoring, decimals, angles, distance, percentages</p>	<p>Measuring distances/time splits/WRs collating data & comparing recordings against other bests). Angles, percentages</p>	<p>Scoring, decimals, angles, distance, percentages</p>
Links to careers/ aspirations	<p>Direct students to career pathways within the sports coaching and sports development sector. Umpiring opportunities.</p>	<p>Scoring (free throws, inside and outside 3-point line) Angles, percentages/ratios/averages/ Time</p>	<p>Direct students to Career pathways within sports nutrition</p>	<p>Direct students to career pathways within personal training and sports centre management</p>	<p>Direct students to career pathways in sport therapies – physiotherapy, injury rehab and sports psychology</p>	<p>Direct students to career pathways within personal training and sports centre management</p>
Cultural Capital	<p>Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.</p>	<p>Direct students to career pathways within the sports coaching and sports development sector, personal trainers, fitness instructors.</p>	<p>Join clubs in the community watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.</p>	<p>Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive</p>	<p>Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive</p>	<p>Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.</p>
Practical Application of Skills	<p>Demonstrate skills and techniques learnt in drills and game situations</p>	<p>Demonstrate skills and techniques learnt in drills and game situations</p>	<p>Demonstrate skills and techniques learnt in drills and game situations</p>	<p>Demonstrate skills and techniques learnt in performances and routines.</p>	<p>Demonstrate skills and techniques learnt in drills and game situations</p>	<p>Demonstrate skills and techniques learnt.</p>