



Year 8 Curriculum Overview

Rationale:

We aim to Inspire students to participate in and enjoy a broad and balanced PE curriculum, whilst further developing and building on the fundamental and interpersonal skills learnt in Y7. Students will build on their technical awareness of the different sports covered whilst learning and understanding the importance of teamwork and cooperation skills. Students are provided with wider opportunities to participate in sport both recreationally and competitively in core games lesson and are encouraged to attend extra-curricular sports clubs.

Term/Length of Time	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
Autumn 1 Boys Sport Education Girls Sport Education	Sport Education <ul style="list-style-type: none"> • Introduction of Sport Education • Different Roles in Sport: <ul style="list-style-type: none"> ○ Captain ○ Score Keeper ○ Coach ○ Equipment Monitor ○ Fitness Instructor & Warm Up Coach ○ Umpire/ Referee ○ Mini Tournament/ Assessment 	Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding. Verbal and peer assessment will run consistently throughout all lessons.	Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities. Optional homework tasks and Literacy resources Coaching. https://www.bbc.co.uk/bitesize/guides/zs7wmnb/revision/1 How to become a sports official https://www.futureactive.co.uk/job-hunting-and-careers-advice/career-profiles/careers-in-sport/careers-in-sport-how-to-become-a-sports-official-gen-sub
Autumn 2 Boys Basketball Rugby	Basketball <ul style="list-style-type: none"> • Recap Key Rules • Jump Shot • Rebounding • Boxing Out 	Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will	Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities. Optional homework tasks and Literacy resources

<p>Girls Netball Dance</p>	<ul style="list-style-type: none"> • Lay Up • Mini Tournament & Assessment <p>Rugby</p> <ul style="list-style-type: none"> • Introduction and Key Rules • Passing & Handling Skills • Passing • Tackling • Tactical Play & Outwitting Opponents • Mini Tournament & Assessment <p>Netball</p> <ul style="list-style-type: none"> • Recap of Key Rules • Passing & Timing of Passes • Attacking Play • Outwitting Opponents • Shooting • Marking & Defending • Mini Tournament & Assessment <p>Dance</p> <ul style="list-style-type: none"> • Snowboarding Motif • Formations & Transitions • Fragmentation & Choreography • Characteristics of Street Dance • Tutting Motif 	<p>correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p>Basketball fact file https://www.bbc.co.uk/bitesize/guides/z8w8j6f/revision/3 Rugby Passing Drill Developed. https://www.teachpe.com/sports-coaching/rugby/rugby-passing-drills</p> <p>Netball Rules and Regulations https://www.play-netball.co.uk/rules-and-regulations/</p> <p>Ginga move in Capoeira https://www.youtube.com/watch?v=HbUxXJKitS4</p>
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	<ul style="list-style-type: none"> • Street Dance Battle 		
<p>Spring 1</p> <p>Boys Football Table Tennis</p> <p>Girls Basketball Outdoor And Adventurous Activities (OAA).</p>	<p>Football</p> <ul style="list-style-type: none"> • Recap of Key Rules • Passing Techniques • Dribbling & Turning • Outwitting Opponents • Attacking Plays • Heading • Mini Tournament & Assessment <p>Table Tennis</p> <ul style="list-style-type: none"> • Introduction of Rules and Regulations • Ball Handling • Dribbling • Shooting • Defending • Attacking • Mini Tournament & Assessment <p>Basketball</p> <ul style="list-style-type: none"> • Key Rules and Regulations • Jump Shot • Rebounding • Lay Up • Mini Tournament & Assessment 	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</p> <p>Optional homework tasks and Literacy resources</p> <p>Marcus Rashford - You Are a Champion: How to Be the Best You Can Be.</p> <p>Basic Table Tennis Serve https://www.youtube.com/watch?v=NfmPcpi4sfc</p> <p>Basketball fact file https://www.bbc.co.uk/bitesize/guides/z8w8j6f/revision/3</p> <p>How can outdoor learning build physical literacy? https://www.youthsporttrust.org/news-insight/blogs/how-school-orienteeing-and-outdoor-learning-can-build-children-s-physical-literacy</p>

	Outdoor And Adventurous Activities (OAA). <ul style="list-style-type: none"> • Pacing • Teambuilding • Star Orienteering • Map Skills • Orienteering in Pairs 		
Spring 2 Boys Dance Handball Girls Football Table Tennis	Dance <ul style="list-style-type: none"> • Snowboarding Motif • Formations & Transitions • Fragmentation & Choreography • Characteristics of Street Dance • Tutting Motif • Street Dance Battle Handball <ul style="list-style-type: none"> • Introduction and Key Rules • Basic Throwing & Catching • Dribbling • Shooting • Attacking Strategies • Mini Tournament & Assessment Football <ul style="list-style-type: none"> • Recap of Key Rules • Passing Techniques • Dribbling & Turning • Outwitting Opponents 	Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding. Verbal and peer assessment will run consistently throughout all lessons.	Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities. Optional homework tasks and Literacy resources Street dance tutorial. https://www.youtube.com/watch?v=ujREEGxEP7g Handball rules and regulations https://www.rulesofsport.com/sports/handball.html Marcus Rashford - You Are a Champion: How to Be the Best You Can Be. Basic Table Tennis Serve https://www.youtube.com/watch?v=NfmPcpi4sfc

	<ul style="list-style-type: none"> • Attacking Plays • Heading • Mini Tournament & Assessment <p>Table Tennis</p> <ul style="list-style-type: none"> • Introduction to the Rules • Grip • Backhand Push • Serving Laws • Forehand Push • Forehand Topspin • Doubles • Mini Tournament & Assessment 		
<p>Summer 1</p> <p>Boys Cricket Outdoor And Adventurous Activities (OAA).</p> <p>Girls Tennis Handball</p>	<p>Cricket</p> <ul style="list-style-type: none"> • Introduction to Key Rules • Fielding • Batting – Drive Shot • Bowling – Run Up Development • Batting Calls/ Field Placement • Game Based Practice • Mini Tournament & Assessment <p>Outdoor And Adventurous Activities (OAA).</p> <ul style="list-style-type: none"> • Pacing • Teambuilding • Star Orienteering • Map Skills 	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run consistently throughout all lessons.</p>	<p>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</p> <p>Optional homework tasks and Literacy resources</p> <p>Cricket fact file https://www.bbc.co.uk/bitesize/guides/zx3ybk7/revision/1</p> <p>How can outdoor learning build physical literacy? https://www.youthsporttrust.org/news-insight/blogs/how-school-orienteeing-and-outdoor-learning-can-build-children-s-physical-literacy</p> <p>Tennis serve with Venus Williams https://www.youtube.com/watch?v=bRCQwLgEs9M</p> <p>Handball rules and regulations</p>

	<ul style="list-style-type: none"> • Orienteering in Pairs <p>Tennis</p> <ul style="list-style-type: none"> • Introduction of Key Rules • Ground Strokes • Outwitting Opponents • Backhand Slice • Volley • Serving • Mini Tournament & Assessment <p>Handball</p> <ul style="list-style-type: none"> • Introduction and Key Rules • Basic Throwing & Catching • Dribbling • Shooting • Attacking Strategies • Mini Tournament & Assessment 		https://www.rulesofsport.com/sports/handball.html
<p>Summer 2</p> <p>Boys Athletics Tennis</p> <p>Girls Athletics Rounders</p>	<p>Athletics</p> <ul style="list-style-type: none"> • 200m - Running/ Sprinting Technique • 1500m • High Jump • Relay • Triple Jump • Mini Olympics & Assessment <p>Tennis</p> <ul style="list-style-type: none"> • Introduction of Key Rules 	<p>Each student will be assessed in each sport that they complete (with relevance to the OCR GCSE PE Specification). This will correlate to their target and assessment banding.</p> <p>Verbal and peer assessment will run</p>	<p>Extra-curricular and Wider opportunities – all students are encouraged to attend extra-curricular opportunities.</p> <p>Optional homework tasks and Literacy resources</p> <p>Blind Long Jump https://www.youtube.com/watch?v=PjICz63dpdY</p> <p>Tennis serve with Venus Williams https://www.youtube.com/watch?v=bRCQwLgEs9M</p>

	<ul style="list-style-type: none"> • Ground Strokes • Outwitting Opponents • Backhand Slice • Volley • Serving • Mini Tournament & Assessment <p>Rounders</p> <ul style="list-style-type: none"> • Recap of Key Rules • Fielding • Bowling • Batting • Positional Roles • Tactics & Strategies to Outwit Opponents • Mini Tournament & Assessment 	<p>consistently throughout all lessons.</p>	<p>Basic sprint start https://www.youtube.com/watch?v=ldXWaMBh8CY</p> <p>Rounders Rules and Regulations https://www.rulesofsport.com/sports/rounders.html</p>
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