

Curriculum Content – Physical Education Y8



Physical Activities

Autumn Term (PE - Games 1.1)

Basketball – Passing, Dribbling, Shooting, Man to Man Defence, Half-Court & Full Court Press, Triple Thre Defending, Games (Boys/Girls)

Gymnastics – Jumping and Landing, Using Springboards, Through Vault, Straddle Vault, Cat Spring, Handspring (Boys/girls)

Cross Country – Running for Distance, Running for Time, Personal Bests, Inter Form Competition (Boys/Girls)

Volleyball - Dig, Set, Spike, Block, Serve, Match Play (Girls)

Rugby – Passing, Running, Tackling, Rucking, Scrum, Ball Presentation, Backs Moves, Alignment, Mauling (Boys)

Hockey – Dribbling to Outwit, Passing/Receiving on the move, Dynamic Shooting, Defending (Girls)



Spring Term (PE - Games 1.2)

Table Tennis – Forehand & Backhand, Push, Top Spin, Slice, Serves, Smash, Doubles (Boys/Girls)

Boxing – Stance, Footwork, Guard, Jab, Straight Punching, Hook, Combinations, Game Movement (Boys/Girls)

Football - Passing and Control, Dribbling, Shooting, Running with Ball, Shape, Possession, Penetration of Defenses, Defense, Match Play (Boys)

Netball – Passing, Dynamic Footwork, Creating Space, Attacking Play, Shooting, Stages of Defense, Rules, Match Play & Tactical Awareness (Girls)

Summer Term (PE - Games 1.3)

Athletics – Shot, Discus, Javelin, Hurdles, Long, Triple and High Jump, Sprints, Distance (Boys/Girls)

Swimming – Front Crawl, Breaststroke, Backstroke (Boys/Girls) lifesaving skills.

Rounders – Catching, Fielding, Bowling, Batting, Tactics (Girls/Boys)

Cricket – Bowling, Batting (Drives, Cuts, Sweeps, Creativity), Fielding, Running, Wicket Keeping (Boys/Girls)

Danish Longball – Game awareness, fielding, teamwork, decision making (Boys/Girls)

Wide range of activities for sporting passion

Core games activities, gymnastics, athletics & swimming. Extensive clubs list with explicit community links. Confidence to represent QEII in a number of activities.

Competence to participate wider community (skills)

Perform core skills with consistently. Perform them within competitive context with fluidity. Greater range of advanced skills in more activities. Appreciation for aesthetics and perfect model & comparison to this.

Extensive knowledge and understanding of tactics & concepts

Sport specific tactics of attack & defense, space, and use of this. Key terms and sport specific jargon more commonly used and pupils able to articulate this. Positional differences known.

CARE values – moral, social & psychological

Development of values within all lessons and demonstrated consistently. Linked to key role models and appropriate current sporting stories.

No Wasted Years – ‘Describe’

2A - Skeletal System

Describe the functions of the skeleton and identify bones.

2B - Muscular System

Describe the muscle fibre types and their usefulness in a variety of activities.

2C - Respiratory System

Describe the short term effects of exercise on the respiratory system and why it happens:

- Breathing rate increases
- Tidal Volume increases
- Minute Ventilation increases

2D - Circulatory System

Describe the short term effects of exercise on the CV system and why it happens:

- Heart rate increases
- Stroke volume increases
- Cardiac output increases

2E - Health of Fitness

Describe all components of fitness and identify their use in a variety of sports.

Cardio vascular endurance, muscular endurance, muscular strength, flexibility, body composition, agility, speed, power, co-ordination, balance, reaction time.

Teaching strategies: inquiry-guided instruction, individual feedback & Q&A in practical tasks, class discussion, cooperative learning, quiz assessments on google. Exam end of y8.



Prior learning

Prior learning required

- PE Schemes of Work previously
- Clubs at QEII
- Representing QEII in fixtures and interschool competitions
- Expectations previously outlined (listen and act on instructions, cooperate with others, adversity to challenge, positive attitude to learning, safety in different sports, respect, communication and punctuality)

Global/IOM/Subject Links

Links to other subjects

– Skeletal, Muscular, Respiratory & Circulatory Systems → Biology

Links to Global picture

– Benefits of a healthy and active lifestyle

Links to IOM

– Links to local sports clubs in the community