

Y8 Core PE

All pupils will experience 8 activities per year. They will experience each activity for 10 hours apart from OAA where they will experience 6 hours.

Due to ensuring that each activity is given the same amount of time to ensure that knowledge is developed, the activities will sometimes be split over two half terms.

Throughout the year students will focus on 3 concepts which will be developed throughout KS3 and KS4. Students will use declarative and procedural knowledge to build develop their skills within the specific concept, not just in a specific sport. Outwitting opponents, Performance and Health Related Exercise. These concepts will continue to develop through KS3 and into KS4. During KS3 students will develop knowledge of why and how to perform skills and activities related to each of the three topics.

Year 8		Half term 1,2,3	Half Term 4,5,6
Core PE	Topic	Outwitting Opponents, Performance, HRE.	Outwitting Opponents, Performance, HRE.
	Why this and why now?	<p>Students will explore the fundamentals of outwitting opponents through basketball which they will have experience of from primary school. Students will also be building on their knowledge and ability to outwit opponents in both football and badminton. Through the activity of basketball, they will explore how to use strategy as well as basic and advanced skills/techniques required to outwit opponents. The skills and techniques developed will be utilised and practiced when taking part in handball and badminton in the future.</p> <p>Students will develop their movement and performance skills further through Trampolining. Building on the skills that they developed through Gymnastics and Athletics in Year 7. Students will begin to control their bodies further and be able to replicate and master skills and techniques on the trampoline. Students will prepare themselves for further Athletics and Trampolining.</p> <p>Ensuring that pupils develop independence and confidence to perform exercise both in school and outside of school is crucial. This unit of HRE explores the importance of warm ups, the different elements involved as well as how to plan and lead a warm up to a group of peers. This knowledge will be utilised and practiced every time they perform exercise at school.</p> <p>During the first half of the year students will explore another aspect of HRE through Outdoor Adventurous activities. Students will</p>	<p>Students will further explore the fundamentals of outwitting opponents through badminton and handball where they will need to apply what they have learned through their unit of football to a different situation. Through the activity of badminton, they will explore how to use strategy as well as the basic and some advanced skills/techniques required to outwit opponents. The skills and techniques developed will be utilised and practiced when taking part in netball in the year 9.</p> <p>Developing love and enjoyment for physical activity is a crucial part of the curriculum, therefore, after gaining the knowledge of how to warm up and be safe when exercising as well as the expected short term effects of warming up, developing the knowledge of how to exercise effectively and gain autonomy of this is important. Students will be building on their knowledge gained from the circuit training unit in HIIT training. Students will explore what HIIT training is and create their own session.</p> <p>As part of our performance concept, students will also explore how to complete athletics events safely and effectively. They will be building on the fundamental movement and accurate replication of skills which they will then apply to the new activity of athletics. Students will have some experience of this form Year 7 which they will now progress further into more advanced techniques.</p>

	<p>develop teamwork, communication, problem solving skills and resilience which will be crucial for students in all aspects of their academic life.</p>	
<p>What is the essential knowledge that needs to be remembered?</p>	<p>Outwitting Opponents (Basketball) – Procedural and declarative knowledge for the following basic/advanced skills:</p> <ul style="list-style-type: none"> - Passing - Dribbling - Stealing - Set shot - Layup - Free throw - Jump shot <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Court lines - Travelling - Carry - Back Court violation - Scoring system <p>HRE (Recognising the short term effects of exercise) – Identify and describe the reasons for the short term and immediate effects of exercise:</p> <ul style="list-style-type: none"> - Heart rate increase - Breathing rate increase - Sweating - Increase blood flow to working muscles. - Lactic acid build up - How different forms of exercise can change these. <p>Performance (Trampolining) – Procedural and declarative knowledge of how to perform the following movements with control and safety whilst maximising performance.</p> <ul style="list-style-type: none"> - Straight bounces - Basic shapes of Tuck, Straddle, Pike - Half twist - Full twist - Seat landing - Half twist into SL - Half twist out of SL - Swivel Hips - Swivel hips within a routine <p>HRE (OAA)</p>	<p>Outwitting Opponents (Badminton) - Procedural and declarative knowledge for the following basic/advanced skills skills:</p> <ul style="list-style-type: none"> - Flick Serve - High Serve - Overhead Clear - Underarm Clear - Dropshot - Forehand drive - Back hand drive - Smash - Using disguise <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Serving Rules - Court lines - Points system - Singles and Doubles rules <p>Outwitting Opponents (Handball) - Procedural and declarative knowledge for the following basic/advanced skills skills:</p> <ul style="list-style-type: none"> - Passing - Dribbling - Stealing - Tackling - Shooting <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Court lines - Travelling - Dribbling rules - Quick restart <p>HRE – (HIIT Training) - Be able to describe what HIIT training is and what it can look like including what type of sportsperson may use this type of training. Be able to create a training session for themselves to complete including a variety of exercises.</p> <p>Performance (Athletics)</p>

	<p>Be able to describe and apply effective methods to work in a team to solve problems quickly and efficiently.</p> <ul style="list-style-type: none"> - Communication - Teamwork - Problem Solving - Critical Thinking - Basic map reading skills 	<p>Procedural and declarative knowledge of how to perform the following movements with control and safety whilst maximising performance.</p> <ul style="list-style-type: none"> - Jumps – High, Long, Triple - Throwing – Javelin, Shot, Discus - Running – 100m, 400m, Pacing
<p>What is the assessment intent and how will you assess?</p>	<p>Students will be assessed using the PE secure assessment criteria which assesses them using Head Heart and Hands.</p> <p>Students will not be assessed on their ability to perform in a specific activity but will be assessed as a whole, assessing their procedural knowledge, their declarative knowledge as well as their ability to demonstrate key values and soft skills.</p>	<p>Students will be assessed using the PE secure assessment criteria which assesses them using Head Heart and Hands.</p> <p>Students will not be assessed on their ability to perform in a specific activity but will be assessed as a whole, assessing their procedural knowledge, their declarative knowledge as well as their ability to demonstrate key values and soft skills.</p>
<p>What should the end points look like</p>	<p>Outwitting Opponents (Basketball) – Students will be able to demonstrate and describe how to perform the following basic/advanced skills:</p> <ul style="list-style-type: none"> - Passing - Dribbling - Stealing - Set shot - Layup - Free throw - Jump shot <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Court lines - Travelling - Carry - Back Court violation - Scoring system <p>HRE (Recognising the short term effects of exercise) – Students will be able to identify and describe the reasons for the short term and immediate effects of exercise:</p> <ul style="list-style-type: none"> - Heart rate increase - Breathing rate increase - Sweating - Increase blood flow to working muscles. - Lactic acid build up - How different forms of exercise can change these. <p>Performance (Trampolining) – Students will be able to demonstrate and describe how to perform the following basic/advanced skills:</p> <ul style="list-style-type: none"> - Straight bounces 	<p>Outwitting Opponents (Badminton) - Students will be able to demonstrate and describe how to perform the following basic/advanced skills:</p> <ul style="list-style-type: none"> - Flick Serve - High Serve - Overhead Clear - Underarm Clear - Dropshot - Forehand drive - Back hand drive - Smash - Using disguise <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Serving Rules - Court lines - Points system - Singles and Doubles rules <p>Outwitting Opponents (Handball) - Procedural and declarative knowledge for the following basic/advanced skills skills:</p> <ul style="list-style-type: none"> - Passing - Dribbling - Stealing - Tackling - Shooting <p>Basic understanding of the following rules:</p> <ul style="list-style-type: none"> - Court lines - Travelling - Dribbling rules

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<p>How does it cover the NC</p>	<ul style="list-style-type: none"> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games - develop their technique and improve their performance in other competitive sports - take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<ul style="list-style-type: none"> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games - develop their technique and improve their performance in other competitive sports - analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best