

## Year 8 PE - Core

The Year 8 programme of study is an inclusive spiral curriculum where learning takes place through a range of team and individual games as well as performance based activities on a rotation (based around facilities). All activities build on prior learning from Year 7 and challenge students to develop skills and gain new knowledge, applying them in increasingly competitive situations.

Methods of deepening and securing knowledge:	
Retrieval practice	Regular retrieval tasks are used at the start of lessons to support students in recalling key information such as rules and tier 3 words from previous learning in Year 7 and Year 8.
Spaced practice	Some retrieval tasks are spaced over time to support students in recognising links/key learning between two or more activities e.g. similar rules in team games, similarities in techniques and tactics across activities.
Dual coding	Dual coding techniques used for some activities to help students remember key shapes (e.g. balances in gymnastics) and signals (e.g. umpiring signals in cricket).

Activity	Year 8	Assessment
<b>Autumn - Spring terms</b>		
<b>Football</b>	<ul style="list-style-type: none"> <li>- Passing and receiving (both feet over increasing distance)</li> <li>- Keeping possession</li> <li>- Dribbling and turning</li> <li>- 1v1 attack</li> <li>- Jockeying and tackling</li> </ul>	<ul style="list-style-type: none"> <li>- Creating space and using width</li> <li>- Shooting with laces</li> <li>- Basic GK skills (receiving and kicking from hands)</li> <li>- Basic A/M/D positions</li> <li>- Rules e.g. fouls and free kicks</li> <li>- 6v6/7v7 games on small pitches</li> </ul>
<b>Handball</b>	<ul style="list-style-type: none"> <li>- Catching (sideways) and signalling</li> <li>- Passing (side wrist)</li> <li>- Dribbling into space</li> <li>- Blocking</li> <li>- Shooting (on the move)</li> </ul>	<ul style="list-style-type: none"> <li>- Basic GK skills (positioning and blocking)</li> <li>- More rules e.g. 3 secs, free pass, GK rules</li> <li>- Attacking and defending as a team in small-sided games</li> </ul>
		<ul style="list-style-type: none"> <li>- Perform skills and apply rules in small-sided games (teacher)</li> <li>- Learning journal (self)</li> <li>- Year 8 Football knowledge quiz</li> </ul>
		<ul style="list-style-type: none"> <li>- Perform skills and apply rules in games (teacher)</li> <li>- Learning journal (self)</li> <li>- Year 8 Handball knowledge quiz</li> </ul>

<b>Hockey</b>	<ul style="list-style-type: none"> <li>- Receiving on the move (meeting the ball)</li> <li>- Passing (slap)</li> <li>- Dribbling (open and reverse stick)</li> <li>- Turning (out of contact/into space)</li> </ul>	<ul style="list-style-type: none"> <li>- Shadowing and tackling</li> <li>- 3v1 attack</li> <li>- Basic shooting (placement)</li> <li>- Basic A/M/D positions</li> <li>- Rules e.g. fouls (e.g. feet, stick tackle) and free passess</li> <li>- 5v5/6v6 games on small pitches</li> </ul>	<ul style="list-style-type: none"> <li>- Perform skills and apply rules in small-sided games (teacher)</li> <li>- Learning journal (self)</li> <li>- Year 8 Hockey knowledge quiz</li> </ul>
<b>Netball</b>	<ul style="list-style-type: none"> <li>- Footwork and pivoting</li> <li>- Catching on the move</li> <li>- Passing around the court (overhead)</li> <li>- Dodging (double, sprint)</li> <li>- Man-to-man marking</li> </ul>	<ul style="list-style-type: none"> <li>- Shooting (varied angle/distance)</li> <li>- Rules e.g. fouls and free/penalty passes</li> <li>- Positions and areas of the court in full 7-a-side games</li> </ul>	<ul style="list-style-type: none"> <li>- Perform skills and apply rules in games (teacher)</li> <li>- Learning journal (self)</li> <li>- Year 8 Netball knowledge quiz</li> </ul>
<b>Rugby</b>	<ul style="list-style-type: none"> <li>- Catching on the move</li> <li>- Passing (long and pop)</li> <li>- Lines of running with the ball and timing the pass</li> <li>- Tackling (side and rear)</li> </ul>	<ul style="list-style-type: none"> <li>- Basic rucking 1v1 (body position)</li> <li>- Basic kicking (punt/grubber)</li> <li>- Rules e.g. tackling rules, rucking</li> <li>- Up to 9v9 on small pitches</li> </ul>	<ul style="list-style-type: none"> <li>- Perform skills and apply rules in games (teacher)</li> <li>- Learning journal (self)</li> <li>- Year 8 Rugby knowledge quiz</li> </ul>
<b>Badminton</b>	<ul style="list-style-type: none"> <li>- Serving (high, forehand)</li> <li>- Playing to space on the court (front/back/width)</li> <li>- Positioning on a singles court</li> </ul>	<ul style="list-style-type: none"> <li>- Drop shot (forehand)</li> <li>- Overhead clear (forehand)</li> <li>- Rules e.g. singles serving rules, double hit</li> <li>- Half/full court singles games</li> </ul>	<ul style="list-style-type: none"> <li>- Perform skills and apply rules in doubles games (teacher/peer)</li> <li>- Learning journal (self)</li> <li>- Year 8 Badminton knowledge quiz</li> </ul>
<b>Fitness</b>	<p>Fitness tests for:</p> <ul style="list-style-type: none"> <li>- Coordination (wall toss test)</li> <li>- Reaction time (ruler drop test)</li> <li>- Balance (standing stork test)</li> <li>- Muscular endurance (sit up/press up tests)</li> <li>- Flexibility (sit and reach test)</li> </ul>	<ul style="list-style-type: none"> <li>- Power (vertical jump test)</li> <li>- Strength (hand grip dynamometer test)</li> <li>- Speed (30m sprint test)</li> <li>- Agility (Illinois agility test)</li> <li>- Cardiovascular endurance (MSFT/Cooper's run)</li> <li>- Interpreting data, displaying results and SMART goal setting</li> </ul>	<ul style="list-style-type: none"> <li>- Fitness test results (teacher/self)</li> <li>- Learning journal (self)</li> <li>- Year 8 Fitness knowledge quiz</li> </ul>

<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>- Balances using points with fewer contacts (arabesque, headstand, handstand)</li> <li>- Matching and mirroring</li> <li>- Pairs/trios balances</li> <li>- Unison and canon</li> </ul>	<ul style="list-style-type: none"> <li>- Counter tension and counter balance</li> <li>- Developing pairs/trios sequences using different direction, speeds and levels</li> <li>- Adapt sequences using floor and apparatus e.g. bench, high box</li> </ul>	<ul style="list-style-type: none"> <li>- Pairs/trios performance of a gymnastics sequence using floor/apparatus (teacher/peer)</li> <li>- Learning journal (self)</li> <li>- Year 8 Gymnastics knowledge quiz</li> </ul>
<b>Summer term</b>			
<b>Athletics</b>	<ul style="list-style-type: none"> <li>- More advanced sprint techniques e.g. sprint start, bend running (200m/300m)</li> <li>- Pacing for longer distances (1500m)</li> <li>- Long jump (full run up)</li> <li>- Triple jump (3-step approach)</li> </ul>	<ul style="list-style-type: none"> <li>- High jump (Fosbury flop)</li> <li>- Shot (glide technique)</li> <li>- Javelin (3/5 -step approach)</li> <li>- Discus (standing throw)</li> <li>- Relay changeovers (moving)</li> <li>- Performance in competitions</li> </ul>	<ul style="list-style-type: none"> <li>- Performance and time/distance results in competition (teacher)</li> <li>- Learning journal (self)</li> <li>- Year 8 Athletics knowledge quiz</li> </ul>
<b>Cricket</b>	<ul style="list-style-type: none"> <li>- Catching (high/low balls)</li> <li>- Overarm throwing (distance)</li> <li>- Ground fielding (close)/retrieving on the move</li> <li>- Batting (back foot defence)</li> <li>- Bowling (walk/run up, line)</li> </ul>	<ul style="list-style-type: none"> <li>- Running between the wickets</li> <li>- Laws e.g. umpiring signals for scoring, no balls, wides</li> <li>- Basic fielding positions and tactics in a small-sided games (pairs 8-a-side, non-stop cricket)</li> </ul>	<ul style="list-style-type: none"> <li>- Perform skills and apply rules in small-sided games (teacher)</li> <li>- Learning journal (self)</li> <li>- Year 8 Cricket knowledge quiz</li> </ul>
<b>Rounders</b>	<ul style="list-style-type: none"> <li>- Catching (high/low balls)</li> <li>- Overarm throwing (distance)</li> <li>- Ground fielding (close)/retrieving on the move</li> <li>- Bowling (height)</li> </ul>	<ul style="list-style-type: none"> <li>- Batting (power)</li> <li>- Rules e.g. no balls, backward hit</li> <li>- Basic fielding positions in games (9-a-side)</li> </ul>	<ul style="list-style-type: none"> <li>- Perform skills and apply rules in small-sided games (teacher)</li> <li>- Learning journal (self)</li> <li>- Year 8 Rounders knowledge quiz</li> </ul>

**Independent Learning:**

Independent learning in PE is a core part of learning and supports Year 8 students in building their knowledge, performance and self-evaluation skills from Year 7. There are typically 4 types of Independent learning set in PE: 1) Retrieval activities to help Year 8 students learn key information from their knowledge organiser; 2) Knowledge assessments in the form of Google Classroom quizzes; 3) Learning journal Independent learning where students complete a self-evaluation to reflect on their performance and set targets; 4) Reading-based Independent learning that help students to learn rules and/or raise awareness of current issues (1 per half-term).