**ICKNIELD HIGH SCHOOL** **KEY STAGE 3 PE CURRICULUM**

**'Raising the Achievement of All'**

**WELL-SEQUENCED** **CONTEXUALISED/INCLUSIVE** **AMBITIOUS**

**SUBJECT: Physical Education** **Year: 8**

| Key Theme | Invasion Games | Striking and fielding games | Net games | Fitness | Athletics |
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| **Key Questions** | **What should 'X' skill look like?**<br><br>**Why would you perform 'X' skill in a given situation?**<br><br>**Can you demonstrate control in a competitive situation?**<br><br>**How can you be effective in a competitive situation?**<br><br>**What different tactics will you apply when attacking and defending?** | **What does underarm/overarm throw look like?**<br><br>**How do we catch the ball successfully?**<br><br>**What fielding tactics could you use to outwit the other team?**<br><br>**Where could we place our fielders?**<br><br>**Where can you target to hit the ball and why?** | **Can you demonstrate 'X' skill?**<br><br>**How can you be effective in a competitive situation?**<br><br>**What tactics can be used in a singles/doubles to be successful?**<br><br>**How can we move our opponent around the court and why is this important?** | **Why is exercise important?**<br><br>**What is cardiovascular endurance and how can we improve it?**<br><br>**How can good fitness levels impact sporting performance?**<br><br>**What training methods can we use to improve different fitness components?** | **Can you explain the technique required for a particular event?**<br><br>**What components of fitness would be useful for a given event?**<br><br>**How can you improve yourself / others?**<br><br>**What are your strengths?** |
| **Content:** 'Know what' | **Girls:** Netball, football, basketball, rugby and handball<br><br>**Boys:** Rugby, football, hockey, handball and basketball<br><br>The development of knowledge of skills, the principles of attack and defence decision making, rules and tactics | **Girls:** Rounders<br><br>**Boys:** Cricket<br><br>Developing sport specific technical skills, and knowledge of rules,<br>tactics and outwitting opponents | **Boys and Girls:** Table tennis, badminton and<br>tennis<br><br>Development of skills and knowledge of rules, tactics and decision making when performing/coaching and officiating | **Boys and Girls:** Fitness tests<br>Fartlek training<br>Continuous training<br>Interval training<br><br>Develop an understanding of the different fitness components and methods of training whilst improving fitness levels. | **Boys and Girls:**<br>100m<br>200m<br>800m<br>Relay<br>Shot Put<br>Discus<br>Javelin<br>High Jump<br><br>Developing knowledge and understanding of correct technique for fielding and running events and how to |

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| | | | | | safely compete.<br>Understanding of fitness components required to take part in a range of a different events. |
| **Expertise:**<br>'Know how' | Be able to perform a range of skills in both non-competitive and competitive situations.<br><br>Be able to apply the principles of attack and defence to game situations.<br><br>Apply knowledge of rules and tactics to game situations. | Be able to perform accurate bowling, throwing, catching, batting and fielding skills. | Looking at developing skills in isolation before adding competition to outwit opponents in singles and doubles formats**.**<br><br>Skills:<br>- Serving<br>- Forehand<br>- Backhand<br>- Use of spin<br>- Lob<br>- Smash<br>- Drive and Volley | Be able to complete a range of different fitness tests.<br><br>Complete different methods of training to improve a range of fitness components | Know how to perform the different events<br><br>Knowledge of how to improve yourself/others performances<br><br>How to measure jumps and throws<br><br>How to start and time races<br><br>Tactics relating to competitive situations |
| **Literacy/ Numeracy/ SMSC** | **Literacy:**<br>Oracy when communicating with others. Match reports, completing worksheets.<br><br>**Key words:**<br>- Invade<br>- Outwit<br>- Tactics<br>- Skill<br>- Technique<br>- Attack<br>- Defence<br><br>**Numeracy:**<br>Scoring and running of tournaments | **Literacy:**<br>Oracy when communicating with others. Improving your own and others performance.<br><br>**Key words:**<br>- Fielding<br>- Batting<br>- Tactics<br>- Skill<br>- Technique<br>- Boundaries<br>- Runs<br>- Wicket<br>- Rounders<br>- Home run<br><br>**Numeracy:** | **Literacy:**<br>Oracy when communicating with others. Improving your own and others performance.<br><br>**Key words:**<br>- Outwit<br>- Tactics<br>- Skill<br>- Technique<br>- Drop shot<br>- Smash shot<br>- Backhand<br>- Forehand<br>- Serve<br><br>**Numeracy:**<br>Scoring games | **Literacy:**<br>Oracy when communicating with others. Improving your own and others performance.<br><br>**Key words:**<br>- Fitness components<br>- Methods of training<br>- Cardiovascular endurance<br>- Muscular endurance<br>- Strength<br>- Speed<br>- Power<br>- Flexibility<br><br>**Numeracy:**<br>Recording fitness test scores. | **Literacy:** Improving your own / others performance<br><br>**Key words:**<br>- Field events<br>- Track events<br>- Pacing<br>- Personal Best<br>- Recording<br>- Timing<br><br>**Numeracy:** Recording of times/distances. Adding points for a competition. |

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| | | Scoring games | | | |
| **SMSC** | Teamwork**:**<br>• Overcoming conflict, communication, working with others.<br>• Problem solving and critical thinking.<br>• Resilience when learning a new skill and performing in a match or event.<br>• Creativity, leadership and confidence. | | | | |
| **Disciplinary literacy** | Definition of key words (Tier 2-3) through Q and A. Oracy skills developed through team discussions Optional academic reading from the PE corner in the library | | | | |
| **Careers** | Class discussion on career pathways linking to PE in sport and the end of each block (8th lesson of each sport or physical activity)<br><br>SharePoint resources to specific highlight careers in PE Specific careers paths through PE:<br>- Professional athlete<br>- Sport analysis<br>- Sports coach<br>- Physio therapist<br>- Leisure centre manager<br>- Personal trainer<br>- Working in the public services (firefighter, police, paramedic)<br>- Sports Scientist | | | | |