

Physical Education Department Long-term sequencing Year 8 PE

The curriculum for this stage of students' education has been designed to build directly upon their experiences and achievements of Year 7 P.E. in a way that begins to place a greater emphasis in developing advanced skills, techniques and game understanding rules and principles and a greater emphasis on factors like strategy and tactical play. By this point, students will have partaken in a range of Net and Wall, Striking and Fielding, Health and Fitness and Invasion activities and owing to frequent use of skills-based assessment criteria, should have a greater sense of their current strengths and areas for development. Students should show more awareness when it comes to identifying and solving problems. Teachers should be more ambitious in their support and expectation of accurate replication of skills and those emerging as leaders within sport, should be given opportunities to help grow others. Overall, we want them to enjoy themselves as they continue to exercise safely and effectively, and, as we guide them in pushing their potential with determination and discipline.

<p>HALF TERM 1: STUDENTS MUST KNOW: The advanced skills, techniques and game play in one of the following:</p> <ul style="list-style-type: none"> • Boys – Badminton – serving, clears, net shots, smash, hitting corners, winning shots, create time, match play. • Girls – Netball – pivot and running footwork, turn in the air, positions, shooting, attacking centre pass, blocking, decision making, game play. • Mixed – HRF – fitness tests, muscular endurance, speed, agility, cardiovascular fitness, fitness classes, energy balance. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p>HALF TERM 2: STUDENTS MUST KNOW: The advanced skills, techniques and game play in one of the following:</p> <ul style="list-style-type: none"> • Boys – HRF – fitness tests, muscular endurance, speed, agility, cardiovascular fitness, fitness classes, energy balance. • Girls – Football – passing, dribbling, shielding, control, shooting, basic tactics and strategies, game play. • Mixed – Handball – passing and receiving, dribbling, central shot, speed of play, overlaps, deception, zonal defence. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p>HALF TERM 3: STUDENTS MUST KNOW: The advanced skills, techniques and game play in one of the following:</p> <ul style="list-style-type: none"> • Boys – Handball – passing and receiving, dribbling, central shot, speed of play, overlaps, deception, zonal defence. • Girls – HRF – fitness tests, muscular endurance, speed, agility, cardiovascular fitness, fitness classes, energy balance. • Mixed – Rugby – passing and receiving, rear tackle, rucking, 3-man scrum, 5-man scrum, attacking play, defensive play, match play. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>
<p>HALF TERM 4: STUDENTS MUST KNOW: The advanced skills, techniques and game play in one of the following:</p> <ul style="list-style-type: none"> • Boys – Rugby – passing and receiving, rear tackle, rucking, 3-man scrum, 5-man scrum, attacking play, defensive play, match play. • Girls – Badminton – serving, clears, net shots, smash, hitting corners, winning shots, create time, match play. • Mixed – Trampolining – safety/jumping/stopping, tuck jump, pike, straddle, ½ turn, seat drop, sequences. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p>HALF TERM 5: STUDENTS MUST KNOW: The advanced skills, techniques and game play in one of the following:</p> <ul style="list-style-type: none"> • Boys – Athletics – pacing, runs, sprints, jumps, throws. • Girls – Athletics – pacing, runs, sprints, jumps, throws. • Mixed – Striking & Fielding – throwing, Australian catch, long barrier, pick up and throw, batting shots, rules and regulations, game play. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>	<p>HALF TERM 6: STUDENTS MUST KNOW: The advanced skills, techniques and game play in one of the following:</p> <ul style="list-style-type: none"> • Boys – Striking & Fielding – throwing, Australian catch, long barrier, pick up and throw, batting shots, rules and regulations, game play. • Girls – Striking & Fielding – throwing, Australian catch, long barrier, pick up and throw, batting shots, rules and regulations, game play. • Mixed – Athletics – pacing, runs, sprints, jumps, throws. <p>HOW THIS WILL BE ASSESSED: Students will be assessed through the Head, Heart, Hands assessment criteria.</p>

Home learning set will consist of a combination of:
Embedding this knowledge can be supported at home by attending as many extra-curricular sporting activities and teams as possible and participating in sports teams and clubs outside of school. Students should aim to undertake 60 minutes of physical activity each day, to support a healthy, active lifestyle. According to Government advice, on 3 days a week, these activities should involve exercises for strong muscles and bones such as push-ups and running and jumping.

Stuart Bathurst Catholic High School