



PE Department Y8 Curriculum and Assessment Map (boys)

| | Half Term 1 | Half-Term 2 | Half Term 3 | Half Term 4 | Half Term 5 | Half Term 6 |
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| Activities | Football/Basketball | Badminton/Rugby | Table tennis/Fitness | Hockey/Leadership | Athletics | Rounders/Tennis |
| Fundamental Knowledge | <p>Football:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y7 (changing direction, shooting, beating a defender). -Know the correct tackling technique (block and slide). -Knows how to control the ball with different parts of the body (foot, knee and chest). -Knows basic rules and tactics for 7 a side football. Know how to do throw ins and corners. | <p>Badminton:</p> <ul style="list-style-type: none"> -Recap on Knowledge from Y7 (forehand and backhand, set up nets, grip, half court singles). - Know the correct court markings for doubles and singles. -Know how to win a point and maintain a rally over the net. -Know the serve rule. | <p>Fitness:</p> <ul style="list-style-type: none"> - Recap on Knowledge from Y7 (warm-up and cool down, active and healthy lifestyles, short term effects, fitness equipment). -Know some of the short and long-term effects of exercise. -Know some of the methods of training. -Know how to measure your heart rate. | <p>Hockey:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y7 (grip, dribbling, push pass, tackling, basic rules). -Knows the correct grip, stance when dribbling (open stick). -Knows how to perform a slap hit. -Knows how to do a drop tackle to gain possession. -Knows the correct shooting technique using a hit. | <p>Athletics:</p> <ul style="list-style-type: none"> -Recap on fundamental knowledge from Y7 (running technique, throwing events, long jump, and triple jump). -Can determine whether a throw is a no throw. -Knows how to do the run up, take-off and landing technique for jumping. -Can determine a no jump. -Knows how to use a tape measure. | <p>Rounders:</p> <ul style="list-style-type: none"> -Recap on knowledge from year 7 (grip, over arm throw, bowl). -Know the role of the back stop. -Know the correct technique for batting. -Know the rules for scoring and getting out. -Know the correct technique for fielding the ball. |

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| | Basketball: -Recap on knowledge from Y7 (types of passes, shooting, pivot, signal for the ball). - Know the correct dribbling technique. -Know basic defensive skills such as intercepting and stealing. -Know basic rules and tactics for basketball. | Rugby: -Recap on knowledge from Y7 (passing, tackling, presenting the ball). -Know the basic tackling technique and defensive position. -Knows how to demonstrate direct running to score tries. | Table Tennis: -Recap on knowledge from Y7 (setting up table, grip, feeding the ball, backhand push, serve). -Know the difference between forehand and backhand shots. -Know the basic rules for serving and playing singles. | Leadership: -Recap on knowledge from Y7 (leading warm-up's/warm-down's, leading skill practices, leadership roles, personal qualities of effective leadership). -Know the different leadership styles. -Know how to plan and lead 2 different skill practices for a small group of students. -Know how to organise and lead the game play part of a sports session. | -Knows how to do a basic relay change-over. | Tennis: -Recap on knowledge from Y7 (grip, rally, forehand and backhand, basic rules, and tactics). -Know how to perform an underarm serve. -Know how to perform a volley. -Know the basic scoring system. -Know how to play singles and doubles games. |
| Learning Checkpoint Tasks | Basic skills tests, peer and self-assessment, teacher feedback | | Basic skills tests, peer and self-assessment, teacher feedback | Leading skill practices and the game play part of a sports session. | Basic skills tests, peer and self-assessment, teacher feedback | |
| Interleaved Knowledge | -Fundamental knowledge from Y7 football and basketball. | -Fundamental knowledge from Y7 badminton and rugby. | -Fundamental knowledge from Y7 fitness and table tennis. | - Fundamental Knowledge from Y7 hockey and leadership. | -Fundamental knowledge from Y7 athletics. | -Fundamental knowledge from Y7 rounders and tennis. |