



PE Department Y8 Curriculum and Assessment Map (girls)

	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Activities	Netball/Rugby	Badminton/Rugby	Gymnastics/Volleyball	Hockey/Basketball	Athletics	Rounders/Tennis
Fundamental Knowledge	<p>Netball:</p> <ul style="list-style-type: none"> -Recap on knowledge from Y7 (types of passes, shooting, pivot, defending). - Know the different positions and where they start/allowed to go on the court - Know the basic rules - Know the correct shooting technique 	<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>Gymnastics:</p> <ul style="list-style-type: none"> - Recap on Knowledge from Y7 (warm-up, safety, balances, basic travelling). -Know how to advance their travelling with different rotation skills (360 jump, log roll, cartwheel) -Know more advanced balances including group balances. 	<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 hit. -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.

	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	Badminton: -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.	-Know basic jumps (pencil, jump half tern and star) -Know how to create a routine including balances and rotation Volleyball -Recap on knowledge from Y7 (game concept, basic dig, underarm serve) -Know the basic dig technique -Know how to maintain a rally in pairs -Know some of the basic rules	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.	-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		Basic skills tests, peer and self-assessment, teacher feedback	
Interleaved Knowledge	-Fundamental knowledge from Y7 netball and rugby.	-Fundamental knowledge from Y7 badminton and rugby.	-Fundamental knowledge from Y7 gymnastics and volleyball	- Fundamental Knowledge from Y7 hockey and basketball.	-Fundamental knowledge from Y7 athletics.	-Fundamental knowledge from Y7 rounders and tennis.

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