

Curriculum Overview Table
Year 8 Core PE - Selecting and Applying Appropriate Skills and Tactics

End Point	Key knowledge	Key skills	Key Vocabulary	Reading and Oracy	Numeracy	Common misconceptions
Football	<p>Demonstration of technique in small-sided games with increasing level of difficulty/opposition</p> <p>Use of techniques in small sided conditioned games to develop skills learned in Year 7</p> <p>Introduction of tactics and strategies in different game-based scenarios</p> <p>Key health and safety information</p>	<p><u>All skills delivered in constrained-games to develop skill technique</u></p> <p>Dribbling - Understanding when to dribble (S1)</p> <p>Passing and receiving - receiving the ball on the correct side on the half turn (S2)</p> <p>Running with the ball into space (using width) (S3)</p> <p>Shooting - short range and from distance (S4)</p> <p>Defending as a unit - 2v2, 3v3 and overloaded defence) (S5)</p> <p>Small-sided games (6v6 ideally) - implementing scenarios to highlight learned skills</p>	<p>Pass</p> <p>Receive</p> <p>Dribble</p> <p>Shot</p> <p>Control</p> <p>Scan</p> <p>Touch</p> <p>Jockey</p> <p>Side-on</p> <p>Foul</p> <p>Free-kick</p> <p>Tactics</p> <p>Position</p> <p>Overload</p> <p>Half turn</p> <p>Scenario</p>	<p>Key words and learning for lesson repeated as a class</p> <p>Class discussion on the different techniques, how they are performed and their application</p> <p>Peer assessment</p> <p>Analysis of tactics/performance through class discussion</p>	<p>Correct application of scoring systems</p>	<p><u>Further to Year 7 misconceptions</u></p> <p>It is important to always play the ball through the middle of the pitch</p> <p>You should always be facing the person that is sending you the ball</p> <p>Tactics always remain the same regardless of the situation</p>
Rugby	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both in attack and defence</p> <p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain</p>	<p>Skills to be developed through the use of small sided conditioned games, where safe to do so</p> <p>Passing and moving with the ball (S1)</p> <p>Tackling (S2)</p> <p>Rucking (S3)</p> <p>Mauling (S4)</p> <p>Scrummage (S5)</p>	<p>Pass</p> <p>Tackle</p> <p>Ruck</p> <p>Maul</p> <p>Scrum</p> <p>Line Out</p> <p>Onside</p> <p>Offside</p> <p>High Tackle</p> <p>Penalty</p> <p>Knock On</p> <p>Advantage</p> <p>Infringement</p>	<p>Reading of learning as it is shared with the class</p> <p>Class discussion around different techniques</p> <p>Peer teaching opportunities</p>	<p>Correct application of scoring system</p> <p>Timing of games</p>	<p>When to use the different types of pass (pop, push, spin and offload)</p> <p>That you always want to avoid being tackled</p> <p>How to defend as a team</p>

	an advantage	Line out and Kicking (S6)				
Fitness	<p>Demonstration of correct technique in a range of bodyweight exercises and use of cardiovascular equipment</p> <p>Understand the safety and dangers of equipment</p> <p>Key health and safety information.</p> <p>Understand why we complete these workouts and how it's relevant to our health.</p>	<p>Performing the correct technique (S1)</p> <p>Knowledge and understanding of the benefits of the workout (S2)</p> <p>Cardiovascular endurance training and benefits (S3)</p> <p>To understand how the drills apply to us in our everyday life and sports. (s4)</p>	<p>Flexibility</p> <p>Cardiovascular</p> <p>Endurance</p> <p>Agility</p> <p>Muscular</p> <p>Endurance</p> <p>Aerobic exercise</p> <p>Coordination</p> <p>Muscular Strength</p> <p>Body composition</p> <p>Power</p> <p>Reaction Time</p> <p>Nutrition</p>	<p>Reading the safety sheets</p> <p>Reading the screens on equipment</p> <p>Reading the weight</p> <p>Reading about how to correctly workout. On the internet or in books.</p> <p>Reading sheets of paper provided by the teacher.</p>	<p>Time on equipment</p> <p>Time in between workouts</p> <p>Use of stopwatch</p>	<p>Incorrect technique (leading to injuries)</p> <p>Starting off to fast on cardio equipment.</p> <p>Overtraining</p> <p>Not resting enough in between reps</p> <p>Incorrect understanding of how, why and when we use these workouts to benefit us.</p>
Netball	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both in attack and defence</p> <p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain an advantage</p>	<p>Ball familiarisation and footwork (S1)</p> <p>Passing and receiving (S2)</p> <p>Marking and defending (S3)</p> <p>Outwitting an opponent through dodging (S4)</p> <p>Positioning (S5)</p> <p>Rules and positioning in a competitive game (S6)</p>	<p>Pass</p> <p>Shoot</p> <p>Defend /Mark</p> <p>Footwork</p> <p>Obstruction</p> <p>Contact</p> <p>Third</p> <p>D (shooting circle)</p> <p>Pivot</p> <p>3 seconds</p> <p>Positions</p> <p>Dodge</p> <p>Offside</p> <p>Stand by their side</p> <p>1 metre</p> <p>Centre circle</p> <p>Intercept</p>	<p>Reading of learning as it is shared with the class</p> <p>Class discussion around different techniques</p> <p>Peer teaching opportunities</p>	<p>Correct application of scoring system</p> <p>Timing of games</p> <p>Trajectory of passing and angles of movement</p>	<p>Foot fouls/sideline/backline ball (having foot behind the line not on court)</p> <p>Which foot to pivot on</p> <p>No out of hands</p>
Basketball	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety</p>	<p>Moving with the ball (dribbling) (S1)</p> <p>Passing and receiving (S2)</p> <p>Shooting (Set shot and</p>	<p>Chest pass</p> <p>Bounce pass</p> <p>Shoulder pass</p> <p>Dribble</p> <p>Shoot</p> <p>Lay Up</p>	<p>Reading of learning as it is shared with the class</p> <p>Class discussion</p>	<p>Correct application of scoring system</p> <p>Timing of games</p> <p>Introduction to</p>	<p>When to use the different types of pass</p> <p>That it is a non-contact sport</p>

	<p>of situations, both in attack and defence</p> <p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain an advantage</p>	<p>jump shot) (S3)</p> <p>Lay Ups (S4)</p> <p>Defending (Marking and stealing) (S5)</p> <p>Attacking (S6)</p>	<p>Free throw</p> <p>Defend</p> <p>3 point stance</p> <p>Foul</p> <p>Crossover</p>	<p>around different techniques</p> <p>Peer teaching opportunities</p>	<p>tournaments including league and knockout competitions</p>	<p>When to shoot and when to perform a layup</p>
Table Tennis	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both in attack and defence</p> <p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain an advantage</p>	<p>Serving (S1)</p> <p>Forehand (S2)</p> <p>Backhand (S3)</p> <p>Topspin (S4)</p> <p>Slice (S5)</p> <p>Tactical Play (S6)</p>	<p>Serve</p> <p>Forehand push</p> <p>Backhand push</p> <p>Forehand drive</p> <p>Backhand drive</p> <p>Angle</p> <p>Depth</p> <p>Slice</p> <p>Topspin</p> <p>Tactical</p> <p>Backspin</p> <p>Defensive</p> <p>Attacking</p> <p>Outwit</p>	<p>Reading of learning as it is shared with the class</p> <p>Oracy of the key words for the lesson.</p> <p>Class discussion around different techniques</p> <p>Peer teaching opportunities</p>	<p>Scoring when impiring the matches.</p> <p>Timings of games.</p>	<p>Hitting too hard in order to get power behind the ball.</p> <p>Ball not being seen in preparation for the serve.</p> <p>You have to serve diagonally in singles.</p>
Badminton	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both in attack and defence</p> <p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain an advantage</p>	<p>Serving (Forehand, backhand and flick) (S1)</p> <p>Tactical understanding (S2)</p> <p>Overhead clear (S3)</p> <p>Underarm clear (S4)</p> <p>Drop shot and net play (S5)</p> <p>Smash (S6)</p>	<p>Netplay</p> <p>Dropshot</p> <p>Depth</p> <p>Power</p> <p>Singles</p> <p>Doubles</p> <p>Flick</p>	<p>Reading of learning as it is shared with the class</p> <p>Oracy of the key words for the lesson.</p> <p>Class discussion around different techniques</p> <p>Peer teaching opportunities</p>	<p>Scoring when impiring the matches.</p> <p>Timings of games.</p>	<p>Serving down the line in singles and doubles</p> <p>The difference between in and out in singles and doubles.</p>
Hockey	<p>Demonstration of correct technique in competitive</p>	<p>Moving with the ball (dribbling) (S1)</p>	<p>Basic Grip</p> <p>Strong Side</p>	<p>Reading of learning as it is</p>	<p>Correct application of scoring system</p>	<p>For a short corner the ball doesn't have to be taken</p>

	<p>situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both in attack and defence</p> <p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain an advantage</p>	<p>Passing and receiving (S2)</p> <p>Defending (marking and tackling) (S3)</p> <p>Attacking (S4)</p> <p>Shooting (S5)</p> <p>Set plays / Game play and rules (S6)</p>	<p>Reverse Stick Shooting D Penalty Pass Shoot Dribble Defend Jockey Foul Tactics Positioning Short Corner Penalty Flick 16's</p>	<p>shared with the class</p> <p>Oracy of the key words for the lesson.</p> <p>Class discussion around different techniques</p> <p>Peer teaching opportunities</p>	<p>Timings of games.</p>	<p>outside of D before a player can shoot.</p> <p>You only have to pass and dribble the ball on your strong side.</p> <p>You must pass the ball after a foul has been awarded.</p> <p>While shooting your hands have to stay in a Basic Grip position.</p>
Gymnastics	<p><u>Bench group work</u></p> <p>Demonstration of correct technique in isolated practices and large group routines</p> <p>Key health and safety information (especially bench work)</p> <p>Explanations of the key words</p>	<p>Perform the following skills with with good technique, tension & extension, stillness or height. .</p> <p>Balance (S2) Flight (S3) Rotation and travel (S4) Sequencing (S5) Choreographic Devices (S6)</p>	<p>Direction, Pathways, Levels, Creativity, Control, Unison, Canon, Flow, Flexibility, Projection. Evaluate, Inversion, Symmetrical</p>	<p>Reading of learning as it is shared with the class</p> <p>Oracy of the key words for the lesson.</p> <p>Class discussion around creativity, onto, off of and over the bench</p> <p>Self and Peer assessment</p>	<p>Timings of held balances.</p> <p>Counting elements of a routine to ensure all skills are included.</p>	<p>You have to perform alone.</p> <p>Gymnastics is too hard (differentiation of skills).</p> <p>Gymnastic skills can only be performed on the floor.</p> <p>You always have to be in time with each other. (Unison, Canon)</p>
Dance	<p><u>War Dance</u></p> <p>Rhythm, timing and counts.</p> <p>Formations, directions, transitions.</p> <p>Demonstration of correct technique in motifs or phrases.</p> <p>Explanations of the key words</p>	<p>Perform taught dance actions in isolation (S2)</p> <p>Perform actions in time with the music (S3)</p> <p>Perform actions/motifs linked together for an entire dance (S4)</p> <p>Performing in front of an audience (S5)</p> <p>Use choreographic devices in a creative manner. (S6)</p>	<p>War, Motif, Travel Formation, Direction, Dynamics, Contrast Unison, Canon Levels, Retrograde, Inversion, Analyse Evaluate, Interpret, Projection</p>	<p>Reading of learning as it is shared with the class</p> <p>Oracy of the key words for the lesson.</p> <p>Self and Peer assessment</p>	<p>Timings of the counts - to the music and other dancers. .</p> <p>Counting elements of a dance to ensure all moves are included.</p>	<p>You have to perform alone.</p> <p>You have to dance outside of school to be good at it.</p> <p>Dance is complicated.</p> <p>You have to stand your group in 1 straight line to perform in front of an audience.</p>

<p>Athletics</p>	<p>Extension of techniques taught in Year 7 including use of full run up in Javelin</p> <p>Competitive opportunities provided to students</p> <p>Refresh of key safety considerations for all events</p> <p>Introduction to tactics and event management</p>	<p>Sprint starts and sprinting technique (S1)</p> <p>Relay change overs (S2)</p> <p>Middle distance running (S3)</p> <p>Long jump (S4)</p> <p>Triple jump (S5)</p> <p>High jump (S6)</p> <p>Shot putt (S7)</p> <p>Javelin (S8)</p>	<p>Sprinting Middle distance Long distance Long jump High jump Triple jump Javelin Shot putt Relay</p>	<p>Reading of learning as it is shared with the class</p> <p>Oracy of the key words for the lesson.</p> <p>Class discussion around different techniques</p> <p>Self and Peer assessment</p>	<p>Measuring of distances</p> <p>Comparisons between efforts to check progress</p> <p>Timing of events</p> <p>Placing in competitions</p>	<p>How to manage an event when you only have 3 attempts</p> <p>That you measure where the shot rolls to</p> <p>That you measure the longest part of a jump</p>
<p>Rounders</p>	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both in attack and defence</p> <p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain an advantage</p>	<p>Fielding (catching, throwing and ground fielding) (S1)</p> <p>Batting (S2)</p> <p>Bowling (S3)</p> <p>Fielding (S4)</p> <p>Tactics (S5)</p> <p>Gameplay (S6)</p>	<p>Batting Throwing Fielding Bowling Catching Running Tactics involved in field and batting strategies - placement, backhand, base importance</p>	<p>Reading of learning as it is shared with the class</p> <p>Oracy of the key words for the lesson.</p> <p>Class discussion around different techniques</p> <p>Peer teaching opportunities</p> <p>Communication between fielders and batters to avoid run outs</p>	<p>Timed innings - use of stopwatch</p> <p>Umpiring counting the rounders scored</p> <p>Trajectory of hitting the ball, working on angles to hit.</p> <p>Throwing trajectory and bowling for effective techniques</p>	<p>Running past first base when the ball has gone behind.</p> <p>Not running on a good ball missing and being stump out at 1st</p> <p>Taking a no ball when hit well</p>
<p>Cricket</p>	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both when batting and fielding</p>	<p>Fielding (catching, throwing and ground fielding) (S1)</p> <p>Batting (front foot shots) (S2)</p> <p>Batting (back foot shots)</p>	<p>Batting Bowling Fielding Throwing Catching Running Grip Overarm</p>	<p>Key words and learning for lesson repeated as a class</p> <p>Class discussion on the different techniques, how they are performed</p>	<p>Timed innings - use of stopwatch</p> <p>Umpiring counting the runs scored.</p> <p>Trajectory of hitting the ball, working on</p>	<p>Bowling with a bent arm is legal.</p> <p>Batsmen tap the stumps with their bat while running between the wickets.</p>

	<p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain an advantage, both when batting and fielding</p> <p>How to correctly set a field and how this may change based on the bowler</p>	<p>(S3)</p> <p>Bowling (pace) (S4)</p> <p>Bowling (spin) (S5)</p> <p>Gameplay rules and tactics (S6)</p>	<p>Underarm</p> <p>Offspin</p> <p>Legspin</p>	<p>and their application</p> <p>Peer assessment</p>	<p>angles to hit.</p> <p>Throwing trajectory and bowling for effective techniques</p>	<p>The ball is allowed to bounce more than twice when being bowled.</p> <p>That you aren't allowed to hit the ball behind you when batting.</p>
Softball	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both when batting and fielding</p> <p>Decision making in increasingly challenging situations</p> <p>Introduction to tactics and how they can be used to gain an advantage, both when batting and fielding</p> <p>How to correctly set a field and how this may change based on the batter</p>	<p>Fielding (catching, throwing and ground fielding) (S1)</p> <p>Batting (S2)</p> <p>Bowling (S3)</p> <p>Fielding (S4)</p> <p>Tactics (S5)</p> <p>Gameplay (S6)</p>	<p>Bowl</p> <p>Bat</p> <p>Fielder</p> <p>Backstop / Wicket</p> <p>Keeper</p> <p>Slips</p> <p>Run Out</p> <p>No Ball</p> <p>Wide</p> <p>Home run</p> <p>Glove</p> <p>Base</p>	<p>Reading of learning as it is shared with the class</p> <p>Verbally discussing how the field is organised</p> <p>Communication between the batters</p> <p>Class discussion around different techniques</p> <p>Peer teaching opportunities</p>	<p>Correct application of scoring system</p> <p>Timing of games</p> <p>Counting the runs scored</p>	<p>That you put the glove on your strong hand</p> <p>That you carry the bat with you when running</p> <p>That you bowl overarm</p>
Stoolball	<p>Demonstration of correct technique in competitive situations</p> <p>Selecting and applying appropriate skills in a variety of situations, both when batting and fielding</p> <p>Decision making in increasingly challenging</p>	<p>Fielding (catching, throwing and ground fielding) (S1)</p> <p>Batting (S2)</p> <p>Bowling (S3)</p> <p>Fielding Tactics (S4)</p> <p>Gameplay Rules (S5)</p>	<p>Bowl</p> <p>Bat</p> <p>Fielder</p> <p>Backstop / Wicket</p> <p>Keeper</p> <p>Slips</p> <p>Run Out</p> <p>Wicket</p> <p>No Ball</p> <p>Wide</p> <p>Bye</p>	<p>Reading of learning as it is shared with the class</p> <p>Verbally discussing how the field is organised</p> <p>Communication</p>	<p>Correct application of scoring system</p> <p>Timing of games</p> <p>Keeping track of balls bowled in an over</p> <p>Counting the runs scored</p>	<p>The difference between a no ball and a wide</p> <p>When to run and when to wait</p> <p>Which fielder should retrieve the ball</p>

	<p>situations</p> <p>Introduction to tactics and how they can be used to gain an advantage, both when batting and fielding</p> <p>How to correctly set a field and how this may change based on the batter</p>	<p>Gameplay Tactics (S6)</p>	<p>Dot Ball</p>	<p>between the batters</p> <p>Class discussion around different techniques</p> <p>Peer teaching opportunities</p>		
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