



**Curriculum Plans – Year 8 - Physical Education – Academic Year 2023/24**

Please find below a detailed outline of the curriculum covered in Physical Education curriculum through Year 8 in Key Stage 3.

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7
<b>Topic</b>	<p><b>Badminton/ Adventure Days</b></p> <p>Technical/Tactical: service, drop shot, and playing to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently, communicating rules.</p> <p>Students will apply their technique and improve their performance making contact with the shuttle, using underarm and overarm techniques. Students will use a range of tactics and strategies to overcome opponents in direct competition. Students will apply the technique and rules of serving.</p> <p>Students take part in outdoor and adventurous activities which present intellectual and physical challenges and are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Planning for tomorrow:</b> discussions of how sporting facilities and sporting events are turning towards clean energy.</p>	<p><b>Tennis/ Swimming</b></p> <p>Technical/Tactical: service, forehand, backhand, volley, and playing to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently and communicating rules.</p> <p>Students will apply their technique and improve their performance making contact with the tennis ball, and using forehand and backhand and volley techniques. Students will use a range of tactics and strategies to overcome opponents in direct competition. Students will apply the technique and rules of serving.</p> <p>Students will swim competently and confidently using a range of strokes over a distance of at least 25 metres. Students can perform safe self-rescue in different water-based situations.</p> <p><b>World around us:</b> discussions on Black history month and discrimination in sport.</p>	<p><b>Volleyball</b></p> <p>Technical/Tactical: underhand serve, dig, set, spike and play to space. Students will apply balance, agility, coordination, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: working independently and communicating rules.</p> <p>Students will apply their technique and improve their performance making contact with the volleyball, using underarm and overarm techniques and will use a range of tactics and strategies to overcome opponents in direct competition. Students will apply the technique and rules of serving.</p> <p><b>Better together:</b> continue to develop friendships and create an anti bullying PE environment.</p>	<p><b>Football/ Adventure Day</b></p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under pressure. Students will apply speed, agility, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and team failure.</p> <p>Students will participate in team games, and will use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Students take part in outdoor and adventurous activities which present intellectual and physical challenges and are encouraged to work in a team, building on trust.</p> <p><b>The working world:</b> how cities are using sporting events to improve social, environmental and economic conditions.</p>	<p><b>Handball</b></p> <p>Technical/Tactical: passing, receiving, dribbling, finishing, and making decisions under pressure. Students will apply speed, agility, power, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and team failure.</p> <p>Students will participate in team games, and will use a range of tactics and strategies to overcome opponents in direct competition.</p> <p><b>Opportunities for everyone:</b> discussing proactive behaviours that make people from all backgrounds feel welcome.</p>	<p><b>Netball/ Adventure Days</b></p> <p>Technical/Tactical: passing, footwork, shooting, positional play, marking, defending, and decision making. Students will apply agility, balance, and improved coordination.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing individual success and failure.</p> <p>Students will participate in team games, and will use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Students take part in outdoor and adventurous activities which present intellectual and physical challenges and are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p><b>Keep it green, keep it clean:</b> discussion on ways professional sports are going green.</p>	<p><b>Rounders, Athletics, Sports Days &amp; BISL Olympics</b></p> <p>Technical/Tactical: passing, receiving, striking, and feilding. Students will apply speed, agility, and improved reaction time.</p> <p>Psychological: positive approach to play and concentration.</p> <p>Social: teamwork and managing success and failure. Students will demonstrate throwing and catching in isolation and in combination as well as apply balance, agility and coordination. Students will apply these skills in co-operative and competitive physical activities. Students will analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best with running, jumping, and throwing through a range of athletics competitions during sports days.</p> <p><b>Healthy body, healthy mind:</b> discussions on the interaction between your mind, body and sport.</p>



<b>Assessments</b>	Badminton Assessment Fitness Assessment	Tennis Assessment Swimming Assessment	Volleyball Assessment Fitness Assessment	Football Assessment	Handball Assessment Fitness Assessment	Netball Assessment	Rounders Assessment Athletics Assessment
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