



St Mary's CE High School Curriculum Map 23-24

Year 8 PE

<p><i>Physical Education aims to create rounded students who find a passion in leading a well-balanced and healthy lifestyle through life long participation in sport and physical activity. We aim to give students the appropriate experiences and skills to be successful in further study and career opportunities in the sport industry.</i></p> <p><i>PE in year 8 enables students to build upon the fundamental skills, techniques and tactics acquired in their first year at St Mary's. Students are asked to explore higher level skills, techniques and tactics and present knowledge of these in a variety of formats.</i></p>			
	<p>Autumn 1 & 2</p> <p>Developing principles and styles of dance Refining skills and sequences of movement through the use of basic equipment Developing further skills, techniques and tactics in invasion games Developing skills to help find success when faced with physical or intellectual challenges</p>	<p>Spring 3 & 4</p> <p>Developing further skills, techniques and tactics in invasion games <i>Applying developed skills, techniques and tactics in Net/wall games play</i> Developing skills to help find success when faced with physical or intellectual challenges</p>	<p>Summer 5 & 6</p> <p>Refining techniques, skills and tactics in running, throwing and jumping events Developing further skills, techniques and tactics in invasion games <i>Finding success in net/wall games through refined skills, tactics and strategies</i></p>
<p>CONTENT</p> <p><i>Declarative Knowledge – 'Know What'</i></p>	<p>Dance (Developing styles and principles, individual and group performances, choreography)</p> <p>Gymnastics (Refining skills and sequences of movement, use of basic equipment, practice and performance)</p> <p>Invasion Games (Refining Skills, tactics and strategies and</p>	<p>Net/Wall Games (Refining skills, tactics and strategies and application during games play)</p> <p>HRF (Components of physical fitness, principles of training, exercise intensity and how it is measured)</p> <p>Invasion Games (Refining Skills, tactics and strategies and application during games play)</p>	<p>Athletics (Refining running, jumping and throwing techniques, using strategies in competitive situations, rules and regulations)</p> <p>Striking and Fielding (Refining skills, tactics and strategies in competitive situations)</p>



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	<p>application during games play)</p> <p>OAA (Collaboration, problem solving, trust, performance observation, communication and intellectual and physical challenges)</p>		<p>Invasion Games (Refining Skills, tactics and strategies and application during games play)</p>
<p>Skills</p> <p><i>Procedural Knowledge – ‘Know How to’</i></p>	<p>OAA</p> <ul style="list-style-type: none"> • How develop and refine problem solving skills • Teamwork/trust • Communication • Observation and analysis of performance <p>Dance</p> <ul style="list-style-type: none"> • How to refine dance principles (cannon, unison, matching, mirroring, levels, floor patterns) and develop into performance • Individual and group choreography • Observation and analysis of performance <p>Invasion Games</p> <ul style="list-style-type: none"> • How to refine techniques of key skills (passing receiving, control, shooting, tackling/defending, marking) • How to apply tactics and strategies to competition • Observation and analysis of performance • Leading and being led • Rules of competition 	<p>Invasion Games</p> <ul style="list-style-type: none"> • How to refine techniques of key skills (passing receiving, control, shooting, tackling/defending, marking) • How to apply tactics and strategies to competition • Observation and analysis of performance • Leading and being led • Rules of competition • Officiating <p>Net/Wall Games</p> <ul style="list-style-type: none"> • How to refine techniques of key skills (throwing, catching, batting, retrieving, fielding) • How to apply tactics and strategies to competition • Observation and analysis of performance • Leading and being led • Rules of competition • Officiating 	<p>Athletics</p> <ul style="list-style-type: none"> • How to refine techniques for track and field events • How to apply tactics and strategies to competition • Observation and analysis of performance • Leading and being led • Rules of competition <p>Invasion Games</p> <ul style="list-style-type: none"> • How to refine techniques of key skills (passing receiving, control, shooting, tackling/defending, marking) • How to apply tactics and strategies to competition • Observation and analysis of performance • Leading and being led • Rules of competition <p>Striking and fielding</p> <ul style="list-style-type: none"> • How to refine techniques of key skills (throwing, catching, batting, retrieving, fielding) • How to apply tactics and strategies to competition



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	<ul style="list-style-type: none"> • Officiating <p>Gymnastics</p> <ul style="list-style-type: none"> • How to refine techniques for each skill (rolls, handstands, headstands, cartwheels, balance, basics, flight, starting and finishing positions) • Peer support • Correct use of equipment • Observation and analysis of performance 		<ul style="list-style-type: none"> • Observation and analysis of performance • Leading and being led • Rules of competition • Officiating
Key Questions	<p><i>What is important when working in a team environment in order to reach success?</i></p> <p><i>How can I refine my performances?</i></p> <p><i>How can I apply my techniques, skills and strategies in competitive situations?</i></p>	<p>What are my key strengths and weaknesses within match play?</p> <p><i>How can I better apply my techniques, skills and strategies in competitive situations?</i></p> <p><i>Which attributes are most important for different sports performers and how might they train to improve them?</i></p>	<p><i>How can I apply my techniques, skills and strategies in competitive situations?</i></p> <p><i>How can I better apply my techniques, skills and strategies in competitive situations?</i></p> <p><i>What impact has refining techniques, skills and strategies had on my overall performance in events?</i></p>



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Assessment	Practical Assessments: - September -October	Practical Assessments: November (Data cycle 1) December	Practical Assessments: January Year 8 Exam Week February March (Data cycle 2) March	Practical Assessments: April (Report window April)	Practical Assessments: May	(Data cycle 3) June Practical Assessments: July
Extended Learning /Extension Activities	<ul style="list-style-type: none">• Extra-Curricular PE activities• St Mary's sports teams• St Mary's linked sports clubs• Coaching and officiating opportunities• Non-fiction reading					