

Curriculum Implementation Mapping – Skills and Knowledge

Subject:physical education

Year group:8

Topic	rugby	football	netball	hockey	badminton	basketball	gymnastics	SHA	Trampoline	HRF
Knowledge	consolidation of year 1+beating opponents 1v1 draw and pass mauling 5 man scrums	heading: technique and use :defense attack. Beating defender, use of dribble, maintain possession	3 seconds Replayed ball, footwork, 7 positions Over a third Obstruction Contact Types of passes Types of dodges and application, Marking the player/ball	SAFETY use of Indian dribble, reverse stick turn, push, hit and the reverse stick and the jab tackle.	Backhand flick serve/overhead clear recap from Year 7 Use of variety in shots in rallies o include drop shot , OHC, smash. Tactical awareness of moving opponent around to put them under pressure to create attacking options. Singles and doubles rules for serving and net play.	application of other types of pass OH and shoulder)increase d use of decision making. Triple threat lay up how to rebound and outlet	counter balance/ tension 3-5 secs Single and partner balance how to maintain balance. points of contact (benefits for stability)	kickboard use, relay change overs correct technique for generating power in throws (shot) techniques for high steppers, hurdles and speedbounce. Functional Warm ups	Safety on and around trampoline. Spotters. Body tension. shaping : tuck pike, straddle seat/front drops. Understand how to perform a routine correctly	Role of agility in sport. Training methods to promote agility. Use of “ladders”. Variety of training methods for components of fitness: fartlek, interval, plyometrics cross fit definition and use for training and competition
Skills	side step, swerve, draw and pass. Setting up a maul, positioning for scrums prop hooker prop second row	defensive and attacking headers. Dribble to beat defender, use of feint, shielding , lofted pass, shooting tackling	Passes:Chest, Shoulder,Over head, Bounce pass, 1v1, 2v1.Landing 1 /2 footed Marking:Side on, In front, marking the pass Shooting :BEEF, in isolation 2v1 dodging and defending	Push pass. Stopping and control Types of dribble	OH drop shot Smash. Communication when playing double	lay ups jump shots under pressure rebounding man to man defence	award scheme balances Using gym equipment, allow students to discover counter balance and counter tension with apparatus	use of kickboards, timing with partners. Baton changeover (downsweep) generating power in shot	(relevant to student experience) <ul style="list-style-type: none"> ● Tuck jump ● Straddle jump ● Pike jump ● Seat drop ● Half twist Full twist <ul style="list-style-type: none"> ● Seat drop ● Seat drop > ½ twist ● ½ twist > seat drop ● Swivel hips 	Pacing, resilience. Control safe execution of exercises. HR monitoring.

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Year group:8

Topic	athletics	(ath)throws	dance	rounders	tennis	softball	OAA
Knowledge	sprints> pacing of 100,200 , 800 1500. Timing of sprint finish for middle distance sprint hurdles	SAFETY. correct technique maximising force though the is of all muscles in the body, not just the arms where possible: half turn in discus, 3-5 stride approach for javelin, glide in shot	STOMP: experimentation with rhythms- clapping, floor hitting and stamping. variation of canon noises, alternating round each per then leading up to creating Rhythm as a large group. Levels and Speeds Set material	consolidation: striking (placement) and fielding (range of methods for ground and air fielding.. basic roles of post players backing up,, fielders ,bowler and backstop. Rules regarding no balls, running to bases.scoring Tactics for batters and fielders to contest them (eg backward hit)	Groundstrokes: grip, forehand and backhand . use. Movement and the ready position. Rudimentary scoring methods and the service boxes.	Types of bowling. When to use different type. Batting: use of placement and the “bunt”. When to steal bases. Rules, scoring and tactics.	to understand how to take and read a bearing. To be able to understand route planning
Skills	pacing technique . lead leg and trail leg in hurdles	technique of 3 throws> shot: toe knee chin , dirty neck clean palm jav and discus: long radius and leg hip arm	1s- clap, 2s- two hand slap of floor, 3s- stomp stomp (L, R), 4s- jump, 5s- double slap of thighs, 6s- hand slide slap. Control of levels and speeds. Pair work- students to work in pairs and create their own 8 beat rhythm.	throwing for distance. batting stance, bowling fielding balls and returning to bases. Backing up.	Fundamentals of forehand and backhand strokes. Hand and racket feeds	The BUNT, batting placement,base running. Bowling underarm: spin and pace	To use a compass to take and read a bearing and select appropriate features to support the planning of routes

ASSESSMENT PATTERN: Sports assessed per rotation through observation and given professional judgement of EXCELLING, MASTERING, SECURING, DEVELOPING AND EMERGING

Theory knowledge: A and P :To gain an understanding of role of the cardio respiratory system and its role in exercise (pp2) Fitness : the methods and principles of training and their role in planning programmes (PP4) Sport Psychology(pp6) To gain knowledge of intrinsic and extrinsic motivation and the types of feedback used in sport. In addition to have an understanding of skill classification.