

## PE Curriculum Map - Year 8

		Autumn 1 Badminton	Autumn 2 Fitness	Spring 1 Dodgeball	Spring 2 Cricket	Summer 1 Basketball	Summer 2 Rounders
Learning outcomes/ composite knowledge		To develop motor competence, tactical awareness and healthy participation in Badminton	To develop our understanding of healthy participation and motor competence in relation to fitness	To develop motor competence, tactical awareness and healthy participation in Dodgeball	To develop motor competence, tactical awareness and healthy participation in Cricket	To develop motor competence, tactical awareness and healthy participation in Basketball	To develop motor competence, tactical awareness and healthy participation in Rounders
Knowledge Components	Declarative – knowing what	<ul style="list-style-type: none"> <li>● To know the rules of badminton</li> <li>● To know the ready position and the correct grip.</li> <li>● To know the teaching points of the underarm clear and when you would use it in a game. forehand and backhand</li> <li>● To know the teaching points of the overhead clear and when you would use it in a game. forehand and backhand</li> <li>● To know the teaching points of the drop shot and when you would use it in a game. forehand and backhand</li> <li>● To know the teaching points of the underarm and flick serve</li> <li>● To know how to officiate in Badminton and when someone has scored a point.</li> </ul>	<ul style="list-style-type: none"> <li>● To know different fitness tests</li> <li>● To know how to safely use the equipment in the gym.</li> <li>● To know components of fitness and link these to a fitness test and a sport</li> <li>● To know the different training methods.</li> <li>● To know how to improve cardiovascular fitness, muscular endurance and muscular strength in various training methods and styles looking at continuous, interval and fartlek training</li> <li>● To know how we take our pulse</li> <li>● To know what reps and sets are</li> <li>● To know what cardiovascular fitness, muscular endurance and muscular strength are.</li> <li>● To know what makes us healthy</li> </ul>	<ul style="list-style-type: none"> <li>● To know the rules of dodgeball</li> <li>● To know the principles of attacking</li> <li>● To know the principles of defending</li> <li>● To understand what a counter attack is</li> <li>● To understand the tactics in catching</li> <li>● To understand tactics in relation to a game.</li> </ul>	<ul style="list-style-type: none"> <li>● To know the rules of cricket</li> <li>● To know what each role of the fielders are in a game.</li> <li>● To know the teaching points of batting - drive shot and pull shot.</li> <li>● To know the teaching points of bowling - including the run up.</li> <li>● To know some tactics in fielding and bowling.</li> </ul>	<ul style="list-style-type: none"> <li>● To know the rules of basketball</li> <li>● To know the principles of attacking - focussing on the three man weave</li> <li>● To know the principles of defending - focussing on zone marking.</li> <li>● To know the teaching points of the jump shot</li> <li>● To know what the triple threat is</li> <li>● To know some tactics in relation to basketball.</li> <li>● To know how to officiate in basketball.</li> </ul>	<ul style="list-style-type: none"> <li>● To know the rules of rounders and the roles of the two umpires.</li> <li>● To know the teaching points for throwing and catching and the importance of fielding positions.</li> <li>● To know the teaching points for bowling including donkey drop and spin.</li> <li>● To know the teaching points for batting including adding power and placement of the ball.</li> <li>● To know the fielding positions and the role that they have.</li> <li>● To know some tactics of rounders.</li> </ul>

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	<ul style="list-style-type: none"> <li>To know when to play shots in order to win a point in a game.</li> </ul>					
Procedural – knowing how and when	<ul style="list-style-type: none"> <li>To apply the rules of badminton</li> <li>Identify lines and areas of the badminton court</li> <li>To perform the underarm clear in isolation and in a competitive game, both forehand and backhand</li> <li>To perform the overhead clear in isolation and in a competitive game, both forehand and backhand</li> <li>To perform the drop shot in isolation and in a competitive game, both forehand and backhand</li> <li>To perform the underarm and flick serve correctly.</li> <li>To know what tactics to use in order to win points in a game.</li> </ul>	<ul style="list-style-type: none"> <li>To participate in different fitness tests</li> <li>To safely use the equipment in the gym.</li> <li>To apply knowledge of components of fitness and link these to a fitness test and a sport</li> <li>To apply knowledge of the different training methods.</li> <li>To improve cardiovascular fitness, muscular endurance and muscular strength in various training methods and styles looking at continuous, interval and fartlek training</li> <li>To take our pulse and track this across different exercises</li> <li>To use reps and sets in a workout</li> <li>To know what types of exercise improves our cardiovascular endurance, muscular strength and muscular endurance</li> <li>To participate in circuit training focusing on muscular strength and</li> </ul>	<ul style="list-style-type: none"> <li>To apply the rules of dodgeball</li> <li>To apply the principles of attacking to games</li> <li>To apply the principles of defending to games</li> <li>To successfully apply a counter attack in a game.</li> <li>To develop tactics and apply these in games</li> </ul>	<ul style="list-style-type: none"> <li>To apply the rules of cricket to a game including officiating a game.</li> <li>To apply knowledge of the fielding positions and roles and practise these.</li> <li>To perform the batting drive shot and pull shot</li> <li>To perform a correct bowl including the run up.</li> <li>To be able to apply knowledge of tactics of cricket to a game including batting and fielding.</li> </ul>	<ul style="list-style-type: none"> <li>To apply the rules of basketball to a game and officiate a game.</li> <li>To apply the three man weave into a game.</li> <li>To apply defensive zone marking into a game.</li> <li>To perform the jump shot in a drill and also in a conditioned game.</li> <li>To create tactics to outwit opponents.</li> </ul>	<ul style="list-style-type: none"> <li>To apply the rules of rounders to a game including officiating for both the bowling and batting umpire.</li> <li>To throw and catch with accuracy and know the importance of this for fielders.</li> <li>To correctly bowl including donkey drop and adding spin.</li> <li>To bat and add power and think about placement of the ball.</li> <li>To apply knowledge of the fielding positions in a game.</li> <li>To apply tactics to a game</li> </ul>

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			muscular endurance. <ul style="list-style-type: none"> <li>• To participate in HIIT training focusing on cardiovascular and muscular endurance</li> <li>• To apply exercises that will target certain muscles and be able to name these.</li> <li>• To actively apply the knowledge of fitness to sessions and make improvements to our health.</li> </ul>				
National Curriculum reference	National Curriculum for Core PE at KS3 pupils should be taught to: <ul style="list-style-type: none"> <li>• use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</li> <li>• develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> <li>• perform dances using advanced dance techniques in a range of dance styles and forms</li> <li>• take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> <li>• analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>• take part in competitive sports and activities outside school through community links or sports clubs</li> </ul>						
Common misconceptions	You are able to have a second serve. The tramlines are in for both singles and doubles. You take turns in serving.	If you can sprint fast you are physically fit. If you can lift heavy weights you have good overall strength.	Rules not understood - Head shots do not count - in actual fact the person throwing is out if it hits someone's head without them ducking. If you drop a ball to catch another then you are out. You can catch a ball if it hits your teammate to make	Fielding is not important. When batting you have to hit the big runs and smash the ball rather than playing defensive shots or playing to gaps in the field. Misunderstanding of LBW (leg before wicket).	Basketball is similar to Netball and therefore you cannot move with the ball and you need to shoot without using the backboard.	Pupils feel like they have to hit the ball far in order to score a rounder. Fielding has little purpose - we will look at the positions of fielders and their roles to address this.	

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			the thrower out.			