

Y8 PE Curriculum Progression Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Dates	4 th September – 20 th October	30 th October – 15 th December	2 nd January – 9 th February	19 th February – 23 rd March	9 th April – 25 th May	4 th June – 24 th July
Weeks	7 Weeks	7 Weeks	6 Weeks	5 Weeks	5 Weeks	7 weeks
Lessons	7 Lessons	7 Lessons	6 Lessons	5 Lessons	5 Lessons	7 Lessons
Inset	2 nd , 3 rd , 20 th September	2 nd December	-	-	-	23 rd July, 24 th July
Unit Title	Baseline testing	Football (Depending on group)	Netball (Depending on group)	Basketball (Depending on group)	Athletics (Depending on group)	Rounders (Depending on group)
Sequence	<ul style="list-style-type: none"> 6 basic fitness tests to be completed in each lesson. Results to be recorded in the ABCD booklets. 6 min endurance Run 30 metre sprint Sit up (muscular endurance) test Balance test Agility Standing long jump 	<p>Key skills to include: Develop Passing Dribbling, Turns and Outwitting a defender Develop Attack Develop Shooting Heading Defensive strategies/tactics</p>	<p>Key skills to include: Recap passing Skills & fundamental rules Timing of pass/support play Attacking play/outwitting opponents Shooting Marking/defending</p>	<p>Key skills to include: Develop Passing/Pivoting Dribbling/Triple Threat Attacking and outwitting an opponent Defence – Defending Skills Recap Shooting – set shot, lay up Develop Shooting – jump shot</p>	<p>Key skills to include: Sprint running technique (100/200/400m) Middle distance running – 800m Jumping - high jump Throwing – shot putt Throwing – javelin Relay</p>	<p>Key skills to include: Fielding skills Bowling development Batting development Positional roles Tactics/strategies to outwit opponents</p>
Rationale	<p>Pupils are baselined upon entry into year 7 and the testing allows teachers to gain an understanding of the student's ability coming in at KS3.</p> <p>The tests are repeated at the same time in year 8 and then year 9, results are recorded every year in the same booklet. This allows students and teachers to see any progression made but also any regressions.</p> <p>Students are introduced the terminology associated with each of the tests to start to build their vocab.</p>	<p>Pupils will focus on developing team attacking and defending strategies and techniques.</p> <p>Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents.</p> <p>In invasion games the main intention is to invade your opponents' territory and to outwit them so that you can score goals or points.</p>	<p>Pupils will focus on developing team attacking and defending strategies and techniques.</p> <p>Pupils will select and apply their skills so that they can carry out tactics with intent to outwit the opposition.</p> <p>In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Pupils will focus on developing team attacking and defending strategies and techniques.</p> <p>Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents.</p>	<p>In this unit, pupils begin to use their knowledge of athletics events, strategies and techniques to develop and enhance replication and performance.</p> <p>Pupils develop their understanding of fitness and its relationship to performance.</p> <p>In athletic activities, pupils will engage in performing and improving their skills and personal and collective bests in relation to speed, height, distance and accuracy.</p>	<p>In this unit pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding.</p> <p>Pupils will further work on the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs.</p> <p>Pupil should accurately score games & understand rules.</p>
Key Building Blocks	<p>Knowledge of: Fitness Health Leading a Healthy, Active Lifestyle</p>	<p>Knowledge of: A variety of conditioned football games Worked independently in small groups Used and applied football rules Some knowledge of tactics and team organization in football</p>	<p>Knowledge of: A variety of conditioned netball games Worked independently in small groups Used and applied netball rules Some knowledge of tactics and team organization in netball</p>	<p>Knowledge of: A variety of conditioned basketball games Worked independently in small groups Used and applied basketball rules Some knowledge of tactics and team organization in basketball</p>	<p>Knowledge of: Acquired sound technique in all events. Gained knowledge of running, jumping & throwing capacity Awareness of strengths and limitations Applied strategies in competitive situations</p>	<p>Knowledge of: Developed an understanding of basic batting, bowling and fielding tactics. Developed a range of batting, bowling and fielding tactics. Understood and identified specialist positions</p>
Retrieval Practices	<p>Whiteboard activities Q and A session Practical performance Demonstration</p>	<p>Whiteboard activities Q and A session Practical performance Demonstration</p>	<p>Whiteboard activities Q and A session Practical performance Demonstration</p>	<p>Whiteboard activities Q and A session Practical performance Demonstration</p>	<p>Whiteboard activities Q and A session Practical performance Demonstration</p>	<p>Whiteboard activities Q and A session Practical performance Demonstration</p>
Key Skills	<p>Listening Practical application Preparing safety Cooperation</p>	<p>Preparing safely Cooperation and communication Teamwork Tactics</p>	<p>Preparing safely Cooperation and communication Teamwork Tactics</p>	<p>Preparing safely Cooperation and communication Teamwork Tactics</p>	<p>Pacing Timing Consistency Safety <u>Mental determination</u></p>	<p>Preparing safely Cooperation and communication Teamwork Tactics</p>
Key terms	<p>Muscular Endurance Agility Muscular Strength Power Healthy Lifestyle Choices</p>	<p>Strategies and tactics Principles of attack and defence Keeping possession and making progression Dispossessing an opponent Intercepting Marking Tackling</p>	<p>Preparing safely Cooperation Teamwork Tactics Rules Peer coaching</p>	<p>Tactics - principles of attack and defence Finding and using space Changing speed Preparation - warming up, cooling down Assessment - collecting and analysing data</p>	<p>Running Throwing and jumping Interval training Farleik training Endurance Power</p>	<p>Tactics and techniques Body position Mechanics of movement No ball Bowling techniques, Field placements Officiating/umpiring</p>
Numeracy	Measuring, timing, angles	Pitch measurements and markings, angles.	Scoring, timing.	Scoring, timings.	Angles, measurements, timings.	Scoring systems, pitch angles.
Formative Assessment	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback	Peer & Self-Assessment Teacher feedback
Summative Assessment	Fitness test results	Practical assessment linked with the ABCD booklets	Practical assessment linked with the ABCD booklets	Practical assessment linked with the ABCD booklets	Practical assessment linked with the ABCD booklets	Practical assessment linked with the ABCD booklets
SMSC, BV & Cultural Capital	Links with the Olympics, discussion of Athletic events and various Athletes from around the world who excel.	Football teams and players from around the world.	Citizenship – sportsmanship and learning to be tolerant of others.	Citizenship – sportsmanship and learning to be tolerant of others.	Citizenship – sportsmanship and learning to be tolerant of others. Links with the Olympics, world Championships, Diamond League events.	Citizenship – sportsmanship and learning to be tolerant of others.
Linking curriculum to careers	Linking to fitness instructor careers and PT trainers who complete fitness tests as part of their job.	Links to jobs and careers within the Football industry. Coaching, managers etc.	Links to jobs and careers within the health, fitness and sports industry.	Links to jobs and careers within the health, fitness and sports industry.	Links to jobs and careers within the health, fitness and sports industry.	Links to jobs and careers within the health, fitness and sports industry.