

Stone Hill School
Curriculum Plan 2019/20
Physical Education Year 8

Intent:
The structure of our P.E curriculum is divided into three main components.
Performance and skill enables all children to copy, repeat and explore simple skills and actions with basic control and coordination, starting to link these skills and actions in ways that suit the activities.
Knowledge and analysis shows children can describe and comment on their own and other's actions. Pupils can talk about how to exercise safely and how their body feels during an activity.
Leadership and teamwork: pupils can assist with setting out and removal of equipment and explain the effects of exercise on our bodies. Pupils can work in a pair and safely with others on a set activity.

Term	Week/s	Topic/Theme <i>Steam</i>	Learning Outcomes Knowledge and Skills To know, to use, to apply...	Literacy Link Numeracy Link SMSC Link
Autumn 1	1 -3	Target activities / Tag game	<ul style="list-style-type: none"> To show ball control with intention and some good direction towards a target. To show throwing skills including: simple underarm and over arm throw. To show an understanding of basic rules in a game situation and demonstrate how to show them correctly. 	Literacy – Reading, speaking and listening. Writing down scores and peer/self-feedback. Questioning and using key words. Numeracy – Counting and keeping score. Scoring targets at different levels. Timing and problem solving. SMSC – Communication skills and working with others. Sense of achievement, morals and fair play.
Autumn 2	4 - 7	Tag Rugby / Tag Games	<ul style="list-style-type: none"> To show intent and some power when demonstrating actions for passing and ball control. To show and demonstrate actions for keeping possession and defending with some prompts. Apply some strategies with few prompts when playing in a game situation e.g. changing direction and looking for good open space to run. 	Gatsby 7
	8 - 11	Football / Team Sports	<ul style="list-style-type: none"> To be able to track and receive a ball with intention and in the right direction to other players. To show some understanding of how to keep possession and apply some defending techniques. To show/demonstrate how to correctly kick a ball with the correct part of your foot to show power and accuracy. 	
	12 - 14	Team Building	<ul style="list-style-type: none"> To be able to play in a small 2 vs 2 game situation. Supporting team players and giving positive comments. To give some peer and self-feedback with positive and possible areas of improvements about performance levels. To show teamwork skills and techniques when working within a set group activity. 	
Spring 1		Gymnastic / Dance / Movement	<ul style="list-style-type: none"> To understand how our bodies can make shapes. To reflect on their own and other's performances. Contribute ideas to create a sequence which movements can be linked fluently. Plan, practise and perform a group performance. 	
Spring 2				

		Fitness	<ul style="list-style-type: none"> To recognise and demonstrate at least 2 components of fitness e.g. speed, agility, hand eye co-ordination, strength and flexibility. To measure and record fitness results with prompted support throughout. To identify names of fitness equipment and show how to use them safely with minimal prompts. To recognise the effects of a range of activities on their bodies. 	Gatsby 8
		Team Sports / Basketball	<ul style="list-style-type: none"> To learn, practise and demonstrate a range of passing techniques with minimal support. To show some tactical techniques for defending. To show the correct stance and hand position when shooting. To apply learnt skills in a game style situation. 	
		Orienteering	<ul style="list-style-type: none"> To correctly use map skills for a familiar setting e.g. school. To recognise and use the 8 components on a compass. To be able to follow directional movement instructions. 	
Summer 1		Unihoc / Cricket	<ul style="list-style-type: none"> To develop their dribbling skills with a stick and ball for Unihoc. To show a range of accuracy when batting / bowling and fielding. To understand and follow the rules during a game style situation. To develop and practise a range of carrying and striking skills. To demonstrate the active role of the runner or fielder e.g. attacking the ball and knowing when to run. 	
Summer 2		Athletics / Summer Sports	<ul style="list-style-type: none"> To identify athletics competitions with wider events e.g. Olympics. To learn, practise and demonstrate a range of athletic skills relating to the specific event e.g. sprinting or hurdle techniques. To take part in an athletic event e.g. sports day / healthy lifestyle week. 	Gatsby 7

Intended impact:

By the end of year 8 pupils will be able to show actions with basic control and coordination linked to specific activities. They will have a good understanding about how the body feels during exercise and why. Also, they will have developed leadership and teamwork skills from fixtures and tournaments internally and with other schools.

