



SUNNYDOWN SCHOOL

PE CURRICULUM PLAN

Subject	PE	Year group	Y8
Subject Intent	<p>In Year 8 we provide a broad curriculum that includes a variety of traditional and less traditional activities. We aim to develop an enjoyment of sport and physical activity which will enable the students to participate in activities outside of and beyond school. We strive to provide fun, differentiated lessons that enable all students to engage, succeed and be challenged in their learning. We continue to offer opportunities for the students to develop key life skills such as Swimming and Cycling in addition to traditional PE and Games lessons. Alongside opportunities to further develop motor skills and positive interactions we aim to introduce a theoretical element to practical lessons including an understanding of health, fitness and wellbeing to support positive choices across all areas of their life and support them towards independent living in the future. Our spiralled approach builds upon prior learning, always aware of the gaps that might emerge as physical maturity begins to play a part at different points through a child's development.</p>		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1	Basketball	<p>Pupils will further develop the ability to outwit opponents and teams using strategies and tactics. Pupils will learn to combine and perform further developed basketball skills consistently applying a greater accuracy and higher quality of technique. Continual development, adaptation and refinement of the necessary skills will contribute to producing an improved performance & technique. Pupils will be constantly faced with strategic and tactical decisions based on movement of the ball into space and choice of skill execution. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills. Opportunities to referee/coach pupils</p>	<ul style="list-style-type: none"> ● Passing ● Dribbling ● Defending (Individually and as part of a team) ● Shooting ● Disguise ● Set shot ● Lay up ● Outwitting an opponent 	<p><i>Building on.....</i></p> <p>Students will build on the basic skills developed at KS2 and in Y7.</p> <p><i>Building towards...</i></p> <p>The students will have the opportunity to potentially represent their House during Inter-House activities and the school at KS4. Students will start to build observation/evaluation</p>

		or small groups will develop communication and decision making skills.		and feedback skills which will support students who potentially want to study GCSE PE.
Autumn 2	Badminton	<p>Pupils will develop the skills necessary to outwit opponents. Pupils will replicate strokes and shots with control and accuracy. Serves, overhead clears (forehand & backhand), drop shots & smashes will be developed through game play and conditional situations. Demonstrating quality performances and accurate replication will be assessed.</p> <p>Students will discuss the components of fitness most relevant for Badminton and what methods of training can be used to develop the health related components.</p>	<ul style="list-style-type: none"> ● The ready position ● The clear ● Smash ● Drop shots ● Disguise ● Singles play/tactics ● Doubles play/tactics 	<p>Building on..... Students will have:</p> <ul style="list-style-type: none"> ● Experienced basic badminton skills ● Experienced a range of roles within games ● Experienced some strategic ideas of attack and defence <p>Building towards...</p> <p>Playing in competitive matches in lessons, Inter-House, Inter-School competitions.</p>
Spring 1	Gymnastics	<p>Pupils should be able to accurately replicate basic balance, rotation and flight based movements. Pupils will be able to demonstrate correct take off and landing technique, as well as a clear body shape whilst airborne. To apply movements, agility and balances individually and as part of a fluent sequence. Pupils will select, combine and perform skills; actions and balances demonstrating varied levels of creativity.</p> <p>Students to discuss the components of fitness required to perform gymnastics to a high level and what methods of training they could use to develop those components.</p>	<ul style="list-style-type: none"> ● Balance ● Strength ● Power ● Flexibility ● Fluency ● Control ● Symmetry ● Aesthetic appreciation ● Sequencing ● Travel ● Flight ● Landing 	<p>Building on..... Confidence in weight bearing (hands) balances. Experiences working in pairs and small groups where they develop trust in each other. Set out apparatus safely and efficiently.</p> <p>Building towards... The students will develop their understanding of the musculo-skeletal system and movement analysis and their role in sport. This will help to prepare those students wanting to study GCSE PE in KS4.</p>

<p>Spring 2</p>	<p>Health and Fitness</p>	<p>Pupils will build upon basic knowledge learnt in KS and Year 7. Students should have a basic understanding of the way the body responds to exercise, how to improve performances and learn simple warm up & cool down routines.</p> <p>They should understand the main components of fitness and some basic tests that can be used to monitor these.</p> <p>Students will be given the skills to design simple circuits and training practices to develop various aspects of health and fitness along with simple measurements such as heart rate and breathing. Links to skill acquisition will introduce the students to the links between fitness, skill and performance.</p>	<ul style="list-style-type: none"> ● Warm up and Cool down ● Components of fitness ● Fitness testing ● Fitness training ● Measuring fitness ● Safe preparation for exercise ● Circuit design 	<p>Building on</p> <p>The students will build on basic knowledge introduced in KS3 and Year 7 and now look to apply this in the context of movements and different sports.</p> <p>Building towards...</p> <p>The students will develop their knowledge to understand the importance of different aspects of fitness and how they benefit different sports to help them should they wish to focus on specific sports; early introductions will develop appropriate language for GCSE PE students.</p>
<p>Summer 1</p>	<p>Tennis</p>	<p>Pupils will be able to select and apply forehand, backhand, net and overhead strokes/shots in game and conditioned game situations. Pupils will experiment with a range of basic tactics, searching for strengths and weaknesses in the opposition, and form a simple game plan to achieve positive outcomes. Students to discuss why regular exercise has a positive effect on their own health, fitness and social wellbeing.</p>	<ul style="list-style-type: none"> ● Grips ● Stance ● Ground strokes ● Forehand ● Backhand ● Volley ● Serve ● Spin ● Outwitting opponents 	<p>Building on.....</p> <p>The basic skills developed in KS2 and Year 7 including grips, stance and ground strokes and conditioned game play.</p> <p>Building towards...</p> <p>Developing more advanced skills such as top spin, drop shots and lobs in competitive situations.</p>
<p>Summer 2</p>	<p>Athletics</p>	<p>Pupils will be able to explain the different demands of various events; demonstrate good technique in chosen events; plan appropriate warm ups and stretches for the events; discuss basic training methods for specific events linked to the</p>	<ul style="list-style-type: none"> ● Sprinting ● Middle distance (pacing) ● Shot Putt ● Javelin 	<p>Building on.....</p> <p>Basic skills and techniques developed in Year 7.</p>

		<p>components of fitness and methods of training; adapt their approaches to events as they identify priorities for improvement; use their initiative to take corrective action</p>	<ul style="list-style-type: none">● High Jump● Long Jump	<p><i>Building towards...</i></p> <p>Competitive situations such as Inter-House/Inter-School events. Students will start to build observation/evaluation and feedback skills which will support students who potentially want to study GCSE PE.</p>
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