



SUNNYDOWN SCHOOL

GAMES CURRICULUM PLAN

Subject	Games	Year group	Y8
Subject Intent	<p>Students will gain an understanding of the key terms related to 'Mental, Physical and Social Health'. Students will also understand the positive connection between PE and these aspects of health whilst gaining tools for maintaining them.</p> <p>A 'Diet and Nutrition' scheme of work will also enable students to make informed decisions about what they consume and the impact it might have on their PE lessons, academic performance and long-term health.</p> <p>Our conceptual approach offers an alternative to the traditional sport and skills-based approach to PE curriculum design and delivery. The sport and physical activity therefore becomes the vehicle through which the concept is delivered or developed. By shifting the focus of the curriculum and the success criteria of each lesson, our aim is to develop life skills and improve their experiences within PE</p>		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1	Tag-Rugby	<p>Core skills such as catching, passing, tackling will be practiced and applied in conditioned game scenarios.</p> <p>Students will develop individual and collective strategies to outwit opponents.</p>	<ul style="list-style-type: none"> ● What is Mental Health? ● Anxiety ● Take a Break/Stay Active ● Accept Who You Are ● Ask For Help ● Care For Others 	<p>Building on..... Experiences at KS2 and in Y7. Students will have developed key skills such as throwing, catching and running.</p> <p>Building towards... Students understand that our mental health is something we can work on and ask for help with. We can have a positive impact on how others feel. Students can feel part of a community at school through</p>

			<ul style="list-style-type: none"> ● Friends Mental Health 	the enhanced house system. Students know what support they have available to them if they need it.
Autumn 2	Dodgeball/ Uni-hockey	Core skills will be practiced and applied in conditioned game scenarios. Students will develop individual and collective strategies to outwit opponents. Students will develop their understanding of the rules for safe and enjoyable play.	<ul style="list-style-type: none"> ● Health & Fitness ● Warming Up ● Aerobic & Anaerobic Exercise ● Breathing Rate ● Heart Rate 	<p>Building on..... Students will have engaged with and possibly led warm up activities in Y7. They will have a basic understanding of the heart and lungs and the role they play in exercise.</p> <p>Building towards... Students to understand the importance of a good warm up in improving performance and reducing the chance of injury. They will start to understand why some activities can only be performed for short periods before a break is required.</p>
Spring 1	Football	Core skills such as passing, dribbling, tackling shooting will be practiced and applied in conditioned game scenarios. Students will develop individual and collective strategies to outwit opponents.	<ul style="list-style-type: none"> ● Short-Term Effects of Exercise ● Long- Term Effects of Exercise ● Health related components of Fitness ● Skill related components of Fitness 2 	<p>Building on..... Basic skills developed in KS2 and Y7 in conditioned games.</p> <p>Building towards... Students can understand the immediate and long term effects exercise has on the body. This will support them to make positive choices regarding their physical health and inform their theory work should they choose to study PE at GCSE.</p>

Spring 2	Ultimate frisbee	Core skills such as passing, catching, shooting will be practiced and applied in conditioned game scenarios. Students will develop individual and collective strategies to outwit opponents.	<ul style="list-style-type: none"> ● What is Social Health? ● Importance of Social Health ● Effective Communication ● Respect for Others ● Being a Good Friend ● Communication Skills ● Social Health & PE 	<p>Building on..... The understanding of positive communication and teamwork developed in Y7 Summer 1 Games.</p> <p>Building towards... Students who treat their peers and the people around them with respect and consideration, understanding that everybody needs support at some point.</p>
Summer 1	Cricket & Rounders	Core skills such as hitting, bowling, catching, fielding will be practiced and applied in conditioned game scenarios. Students will develop individual and collective strategies to outwit opponents.	<ul style="list-style-type: none"> ● Balanced Diet ● Macronutrients ● Carbohydrates ● Protein ● Fats ● Fibre 	<p>Building on..... The students will have a basic understanding of nutrition including looking at the eat well plate during KS2 and Science in Y7.</p> <p>Building towards... Students to have a better understanding of how their food choices can positively and negatively impact their energy and performance in PE and the classroom.</p>
Summer 2	Wide games	Students will be given opportunities to lead and participate in a variety of strategy based wide games such as capture the flag. Students will develop communications skills through team feedback	<ul style="list-style-type: none"> ● Vitamins & Minerals ● Water & Hydration 	<p>Building on..... Students will have a basic knowledge of hydration, calories and the impact of sugar from KS2 and year 7 science.</p>

			<ul style="list-style-type: none">● Calories & Nutritional Information● Sugar	<p><i>Building towards...</i> Students to understand of micronutrients and their importance in optimising health and wellbeing.</p>
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