

Physical Education Year 8 Curriculum Overview

What is the Year 8 Physical Education curriculum aiming to achieve?

What do we want our Year 8 Sportspeople to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
<ul style="list-style-type: none"> To be engaged in learning about how to lead a healthy and active life. To be resilient and to put maximum effort in to lessons. To have respectful to others. To attend extra-curricular clubs on a regular basis. To have good cardiovascular fitness. 	<ul style="list-style-type: none"> Most students would have developed a basic knowledge of the rules and skills in Year 7. Pupils will begin to use specialist vocabulary. Pupils will be expected to take on roles such as leader and official. 	<ul style="list-style-type: none"> Encourage your child to sign up / play for a sports team / activity outside school. Show an interest in the extra-curricular activities offered at school and encourage them to take part. Take part in physical exercise with your child e.g. walk / run / swim. Encourage them to take part in a minimum of 20 minutes exercise per day.

How are we organising the Year 8 Physical Education curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	G – Football / Bad G – Badminton / Net B – Football / Rug B Rugby / Foot	G – Net / Hock G – Tramp / Dance B – BB / Fit B Fit / Bad	G – Dance / Tramp G – Hockey / Foot B – Football / Bask B Bad / Foot	Aut 1 / Aut 2 / Spr 1 activities taught on 4 week cycle. Throughout Aut and Spring Terms.	G – Athletics B – Athletics M – Athletics	G – Round / Cric B – Cric / Roun M – Cric / Soft
Threshold Concepts	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3	All TC taught throughout. Main focus: TC1, TC2 & TC3
Skills	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev	Physical Dev Social Dev Mental Dev Emotional Dev
Enrichment within the curriculum	At Pershore High School there are a range of opportunities to participate in your favourite sport or to try out a new one. The school compete in the SWSSA District leagues, and enter teams into the County Cup Competitions. The department runs a highly popular inter-house competition calendar. Competitions usually take place at the end of each half-term, with additional competitions ran to complement national sporting weeks.					
Cross curricular links	We pride on our ability to incorporate extra-curricular links. We will be making links to Biology, Geography, Music, Maths and this will be integrated into our teaching. For example, we will be focusing on Dance we will investigate various forms of music from Jazz to Hip Hop. During the multisport unit, students take on leadership roles and focus on the social skills that are required success in a variety of subjects.					
Extra-curricular opportunities	Extra-curricular clubs and fixtures are offered during lunchtimes and after school, students will have the opportunity to train and play for a number of teams including: Netball, Hockey, Football, Rugby, Cross-country, Athletics, Rounders, Basketball, Dance, Cricket, Badminton, Trampo-lining, Tennis and Table Tennis. PHS actively promotes engagement within the community and has a number of school club links.					

What are the intended outcomes of the Year 8 Physical Education curriculum?

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Opportunities to show progress (Assessments)	AS1 – Head & Heart – Knowledge of Health & Fitness / Sporting Activity. AS2 – Hands = Physical competence and performance.	AS1 – Head & Heart – Knowledge of Health & Fitness / Sporting Activity. AS2 – Hands = Physical competence and performance.	AS1 – Head & Heart – Knowledge of Health & Fitness / Sporting Activity. AS2 – Hands = Physical competence and performance.	AS1 – Head & Heart – Knowledge of Health & Fitness / Sporting Activity. AS2 – Hands = Physical competence and performance.	AS1 – Head & Heart – Knowledge of Health & Fitness / Sporting Activity. AS2 – Hands = Physical competence and performance.	AS1 – Head & Heart – Knowledge of Health & Fitness / Sporting Activity. AS2 – Hands = Physical competence and performance.
Impact on personal development (SMSC)	In Year 8, whilst developing their practical skills, there is a greater focus on leadership. Pupils will be expected to deliver warm ups and drills, which cater for the needs of their classmates. Pupils will learn empathy for others and be placed in situations where they have to rely on teamwork to solve problems. Pupils will be expected to take on the role of officials, and how to conduct themselves appropriately when in a position of responsibility.					
Preparation for the next stage of education	Throughout all units subject content from Health and Fitness units (examination PE) will be delivered. Pupils will gather an understanding about the Methods of Training, along with fitness testing all of which are an essential element of KS4 examination PE.					