



St George's School
PE Department
Year 8 Curriculum Map

	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8
THE BIG IDEAS & KNOWLEDGE <i>Overview of topics or key questions</i>	Movement Skills Know how to change direction. Start to transfer force with one foot and two footed landings. Develop self awareness and body management at different speeds.	Aesthetic Activities Pupils will be introduced to core skills of trampolining. Develop confidence and fundamentals of jumping and landing	Traditional Team Games Reinforce key skills, exposure to advanced skills. Develop decision making in game scenarios, able to identify and attack space. Evaluation own and team decision making.	Netwall Games Introduce a wider range of skills, to outwit an opponent. Larger experience of competitive situations.	Invasion Games Reinforce key skills, exposure to advanced skills. Develop decision making in game scenarios, able to identify and attack space. Evaluation own and team decision making.	Health and Wellbeing Exposure to different methods of training in order to develop different areas of fitness and their well being.	Athletics Consolidation of key movement patterns for running, jumping and throwing events.	Striking and Fielding Development of directional hitting. Students to identify space and attempt to hit the ball into space.
SKILLS & STRATEGIES <i>Procedural knowledge, literacy and numeracy skills</i>	Change of speed Develop advanced movement patterns.	Shapes - Tuck, Pike, Straddle, Seat landings and linking of movements, ½ turn in and out	Identity space and attack space. Use of decision making to execute attacking opportunities. Develop a range of core attacking and defensive skills	Develop a greater range of attacking skills, application of spin and bi-lateral movement.	Identity space and attack space. Use of decision making to execute attacking opportunities. Develop a range of core attacking and defensive skills	Give students the ability to develop and understand short term effects of exercise on the body.	Development of running styles. Ability to perform in recognised athletics events and in competition.	Adjusting body position in order to manipulate a ball into space. Timing of strike Moving body position to perform skills in the field.

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FEEDBACK <i>Noteworthy tasks and assessments</i>	Complete end of unit pupil feedback form.							
			Students led huddles mid and end of game. Rewind and freeze frames used in delivery.	Peer feedback	Students led huddles mid and end of game. Rewind and freeze frames used in delivery.	Use of metrics (distance, speed, intensity)	Use of metrics (distance, speed, intensity) Bronze Silver Gold awards	Students led huddles mid and end of game. Rewind and freeze frames used in delivery.
BREADTH <i>Opportunities, trips, wider reading, cultural capital</i>	At various times through the year, the following activities are offered beyond PE lessons: Rugby, Lacrosse, Netball, Cross Country, Athletics, Cricket and Rounders. Recreational badminton, table tennis, Dance Inter-house competitions for: Cross Country, Badminton and Basketball, Dance, Tennis, Rounders, Cricket, Athletics (Sports' Day)							
KEY VOCABULARY <i>Important words and phrases</i>	Decision Making How to change direction Teamwork Application through competition Physical Attributes Perform skills with greater consistency Attitude High levels of resilience Agility, Co-ordination, Speed, Control of body	Decision Making Performing skills at correct height Teamwork Feedback for peers, encouragement of performer and spotting Physical Attributes Performing skills with control Attitude Developing confidence through determination Confidence, Control, Timing, Fluency, Body tension	Decision Making Under pressure Teamwork Leadership Physical Attributes Perform skills with accuracy Attitude High levels of resilience Manipulate space, Go forward, Awareness of opportunity, Maintain possession	Decision Making Recognising the correct cues to allow for effective decision making. Teamwork Positions on court Physical Attributes Recognise and respond to cues effectively Attitude Confidence to attempt new shots Spin, Smash, Dynamic movement	Decision Making Under pressure Teamwork Leadership Physical Attributes Perform skills with accuracy Attitude High levels of resilience Manipulate space, Go forward, Awareness of opportunity, Maintain possession	Decision Making Choosing appropriate exercises Teamwork Working in pairs/groups to complete tasks Physical Attributes Perform movements with correct technique Attitude High levels of resilience Types of training, HR, BR, BT, Effects of exercise.	Decision Making When to implement advanced skills Teamwork Working in pairs/groups to complete tasks Physical Attributes Perform movements efficiently Attitude Determination to achieve a personal best Race management, Preparation, Execution, Recovery	Decision Making Body manipulation to allow for directional hitting Teamwork Fielding aspects Physical Attributes Perform core skills with control Attitude Resilience to keep working on core skills in games Point of contact, Stance, Anticipation, Positioning, Timing, Body manipulation