

Subject Curriculum Overview for Academic Year 2022/2023

Subject: Core PE		Subject Leader: Jordan Kontarines	Year Group: 8	AUTUMN/SPRING TERM
Topic	Key Learning Points	Key Vocabulary	Assessments	
Rugby	<ol style="list-style-type: none"> Students should develop their ability to tackle/tag an opponent effectively and legally in small-sided games Gain knowledge of rucking and apply to conditioned games and practices Gain knowledge of mauling –and apply to conditioned games and practices staying onside, get low, first player rip the ball, others join Show knowledge of an attacking line when in possession of the ball. Organise into steep line when you win possession Be able to apply knowledge of rucks and mauls in open game play scenarios, following an isolated tackle/ what happens after a tag Understand ways of outwitting opponents – scissors move, miss moves, using space. 2v1, draw opponents in and make the pass. Understand the technique of the grubber kick – hold ball tipping forwards, strike the ball to rotate point over point to get a straight bounce. Using tactics in games to outwit opponents. 4v4 in grids. 	Ruck Maul Jackal Steep Defensive Attacking	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.	
Netball	<ol style="list-style-type: none"> Students should warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches. Student should perform the different types of passes, chest, bounce, shoulder to beat a defender. Students should perform correct footwork when receiving the ball in space Students should know how to beat a defender with a variety of techniques, stepping round, disguise of pass, timing of pass, Students should know the basic shooting technique and use it when being defended Students should play the 7 positions in netball and know the offside rules Students should play a conditioned game to include rules regarding footwork defending 	Names of the positions Off side Contact Obstruction Chest pass Shoulder pass Outwit		
Health Related Fitness (HRF)	<ol style="list-style-type: none"> To begin to understand the relationship between calorific input and calorific expenditure To assess level of fitness based on normative data – 12-minute Cooper Run, Press-ups/min, Illinois Agility Test, Vertical Jump Test, 30m sprint test Describe and explain what happens to heart rate when we exercise Describe (and explain) what happens to breathing rate when we exercise To plan and take part in a body weight circuit and make appropriate choices for work:rest ratios and order of exercises. Describe how training can be adapted to meet the needs of the athlete To gain more confidence in making healthier lifestyle choices. 	Test Calorie Valid Reliable Comparison Alignment Explosive		

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Handball	<ol style="list-style-type: none"> 1. Students should be able to warm themselves up effectively and well with minimum input from the teacher 2. Develop the use of the basic pass in a small-sided game situation 3. Develop the use of the bounce pass in a small-sided game situation 4. Develop shooting technique in a small-sided game situation 5. Link dribbling and passing skills together in a small-sided game situation 6. Be able to apply the rules of handball with more confidence 7. Select and apply the correct timing of the pass in small-sided game situations 8. Be able to apply basics skills of defending in a small sided game situation 9. Be able to play in small-sided games and be able to apply the basic rules of handball, including what is in and out of play 10. Introduction to more complex defensive techniques in small-sided games 	Goal side W shape to receive the ball Bounce Pass and move Contact Close down	
Badminton	<ol style="list-style-type: none"> 1. Students can to set up the equipment correctly and safely and warm themselves up for badminton, with minimum teacher input 2. Students can apply the rules of badminton to a competitive ½ court singles game situation 3. Be able to play the smash shot 4. Understand when to play a smash in a game situation 5. Be able to play a forehand drop shot 6. Be able to play a long serve as a variation to the short serve 7. Be able to effectively play a range of shots in a game situation 	Outwit Smash Trajectory Fast racket speed Power Accuracy	
Football	<ol style="list-style-type: none"> 1. Know how to warm up safely for football, to prevent injury and be able to perform in small games, with minimal teacher input. 2. Be able to play safely in a small sided game, applying the main rules of football. 3. Be able to pass and receive the ball accurately over a short - medium (5-20 yards) distance. 4. Be able to keep possession/protect the ball in a 1v1 scenario. 5. Be able to dribble the ball under control for a short - medium (10 - 20 yards) distance. 6. Know the correct technique for shooting powerfully at goal 	Laces Follow-through Alongside Body weight Strike	

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Subject: Core PE		Subject Leader: Jordan Kontarines	Year Group: 8	SUMMER TERM
Topic	Key Learning Points		Key Vocabulary	Assessments
Cricket	<ol style="list-style-type: none"> 1. Be able to perform a sweep shot 2. Re-cap on long and short barrier, one handed intercept and fielding behind square on the leg side 3. Develop throwing technique 4. Be able to spin the ball when bowling 5. Develop knowledge of where to bowl and how to try and get batters out 6. Apply basic positioning of the fielders to small-sided game situations – 5:4 theory 7. Apply further rules to small-sided game situations. - Six deliveries per over. What makes a legal delivery? 8. Be able to play a defensive shot 9. Be able to play a cut shot 		Rotate Flick Strike Roll Legal No-Ball Momentum Attack the ball	Students will be assessed during the course of the scheme of work by the teacher on a lesson by lesson basis. Students will be given verbal feedback on how to improve their performance.
Athletics	<ol style="list-style-type: none"> 1. Can manage equipment safely including all throwing equipment. 2. Perform a warm up effectively to prevent injury in athletics, considering specificity of event. 3. Perform a sprint start as part of a sprint race. 4. Perform a complete standing throw with correct technique including discus, shot and javelin. 5. Be able to keep a correct pace when performing in endurance events. 6. Perform the basic hurdle technique over more than one hurdle 7. complete a relay changeover including exchange of baton and rules of changeover box. 		Crouch Body Weight Communication Pacing Lead leg Trail leg Starter	
Hockey	<ol style="list-style-type: none"> 1. Students should be able to recall the Safety rules in Hockey 2. Students should be able to demonstrate the correct body position when dribbling in a game situation 3. Students should be able to demonstrate dribbling and attempt a roll out in a 1v1 situation 4. Students should be able to demonstrate Push and Slap passes in a small sided game. 5. Students should be able to Hit the ball in a practice situation – Grip (hands together at top of stick), split stance side on, ball in-line with front foot, stick swing, head and chest forwards towards ball. 6. Students should be able to demonstrate elimination skills in a practice situation and small sided game– dummy drag left to right and right to left 7. Students should be able to apply tactics to create space in a 2 v 1 		Follow through Slap Rotate Strike Follow through Short corner Man to man Zonal	

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| | <ol style="list-style-type: none">8. Students should be able to use the block tackle in a game situation and introduce the Jab tackle in a practice situation9. Students should be able to complete Short Corners – attacking and defending tactics and rules.10. Students should be able to play a Half pitch game (7v7) – positions (including Goalkeeper) and using skills, rules and tactics learnt. Introduce advantage in game play rules. | | |
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How parents can support learning in the subject this academic year

Make sure your child brings in the correct PE uniform: rugby shirt, navy JM t-shirt, navy shorts/skorts, navy tracksuit bottoms, blue rugby socks with the gold trim/white socks.

Shin pads are needed for football and hockey.

Gum shields are strongly recommended for hockey and rugby (National Governing Body guidance).

Encourage your child to take part in regular exercise at the weekend.

Encourage your child to attend the afterschool sports clubs.

Play games with your child, throwing and catching and practise other skills like changing direction.

Recommended Reading

There are many superb sports books in the school library that are suitable for students to enjoy.

Points to note

There are many excellent sports clubs in the local area. Here are a handful that I would recommend. Please note that this list is not exhaustive.

Cricket – Colwall, Ledbury, Dymock, Redmarley, Bartestree

Football – Ledbury Swifts

Rugby – Ledbury Rugby Football Club

Athletics – Hereford/Worcester

Tennis – Ledbury Tennis Club

Hockey – Newent/Malvern

Basketball – Leadonites

JMSport – Courts and facility hire (squash, badminton, table tennis, martial arts)

Ledbury Leisure Centre – swimming