

## Subject Curriculum Overview for Academic Year 2023/2024

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"> <li>1. Develop the ability to tackle/tag an opponent effectively and legally in small-sided games</li> <li>2. Gain knowledge of rucking and apply to conditioned games and practices</li> <li>3. Gain knowledge of mauling –and apply to conditioned games and practices <b>staying onside, get low, first player rip the ball, others join</b></li> <li>4. Show knowledge of an attacking line when in possession of the ball. <b>Organise into steep line when you win possession</b></li> <li>5. Be able to apply knowledge of rucks and mauls in open game play scenarios, following an isolated tackle/ what happens after a tag</li> <li>6. Understand ways of outwitting opponents – scissors move, miss moves, using space. 2v1, draw opponents in and make the pass.</li> <li>7. Understand the technique of the grubber kick – <b>hold ball tipping forwards, strike the ball to rotate point over point to get a straight bounce.</b></li> <li>8. Using tactics in games to outwit opponents. 4v4 in grids.</li> </ol>		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"> <li>1. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches.</li> <li>2. Perform the different types of passes, chest, bounce, shoulder to beat a defender.</li> <li>3. Perform correct footwork when receiving the ball in space</li> <li>4. Know how to beat a defender with a variety of techniques, stepping round, disguise of pass, timing of pass,</li> <li>5. Know the basic shooting technique and use it when being defended</li> <li>6. Play the 7 positions in netball and know the offside rules</li> <li>7. Play a conditioned game to include rules regarding footwork defending</li> </ol>		Names of the positions Off side Contact Obstruction Chest pass Shoulder pass Outwit	
Dance	<ol style="list-style-type: none"> <li>1. Develop the basic dance principles and skills whilst improving their individual ability.</li> <li>2. Understand how to count music for a dance routine and learn to keep in time.</li> <li>3. Develop confidence in performance skills.</li> <li>4. Introduction to corner work and learning basic dance movements</li> <li>5. Develop technique and presentation of movements</li> <li>6. Learn the different Technical Skills in dance: Actions, Space, Dynamics and Relationships</li> <li>7. Incorporate choreographic devices into creating routines</li> </ol>		Action Space Dynamics Relationships Travel Turn Elevation Gesture Stillness Projection	

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	8. Assessment on dance principles and skills	Focus Technique Extension Posture Timing Formations	
Handball	<ol style="list-style-type: none"> <li>1. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches.</li> <li>2. Develop the use of the basic pass in a small-sided game situation</li> <li>3. Develop the use of the bounce pass in a small-sided game situation</li> <li>4. Develop shooting technique in a small-sided game situation</li> <li>5. Link dribbling and passing skills together in a small-sided game situation</li> <li>6. Apply the rules of handball with more confidence</li> <li>7. Select and apply the correct timing of the pass in small-sided game situations</li> <li>8. Apply basics skills of defending in a small sided game situation</li> <li>9. Play in small-sided games and be able to apply the basic rules of handball, including what is in and out of play</li> <li>10. Introduction to more complex defensive techniques in small-sided games</li> </ol>	Goal side W shape to receive the ball Bounce Pass and move Contact Close down	
Badminton	<ol style="list-style-type: none"> <li>1. Set up the equipment correctly and safely and warm themselves up for badminton, with minimum teacher input</li> <li>2. Apply the rules of badminton to a competitive ½ court singles game situation</li> <li>3. Be able to play the smash shot</li> <li>4. Understand when to play a smash in a game situation</li> <li>5. Play a forehand drop shot</li> <li>6. Play a long serve as a variation to the short serve</li> <li>7. Effectively play a range of shots in a game situation</li> </ol>	Outwit Smash Trajectory Fast racket speed Power Accuracy	
Football	<ol style="list-style-type: none"> <li>1. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches.</li> <li>2. Play safely in a small sided game, applying the main rules of football.</li> <li>3. Pass and receive the ball accurately over a short - medium (5-20 yards) distance.</li> <li>4. Keep possession/protect the ball in a 1v1 scenario.</li> <li>5. Dribble the ball under control for a short - medium (10 - 20 yards) distance.</li> <li>6. Correct technique for shooting powerfully at goal</li> </ol>	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
Rounders	<ol style="list-style-type: none"> <li>1. Catch a hard rounders ball safely.</li> <li>2. Attempt to create spin on a bowl.</li> <li>3. Apply decision making skills at the backstop position.</li> <li>4. Vary trajectory and speed of a ball when bowling</li> <li>5. Demonstrate effective ground fielding, focussing on body position, reaction time, agility and getting the ball moving in play as fast as possible</li> <li>6. Identify and attempt to hit in to space when batting to gain an advantage.</li> <li>7. Apply tactics in a game situation, focussing on mobility on and off the posts in response to the other team</li> <li>8. Call High/low/wide/body balls in a game situation.</li> <li>9. Communicate effectively in the field.</li> <li>10. Play in full sized games</li> </ol>		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"> <li>1. Manage equipment safely including all throwing equipment.</li> <li>2. Be able to warm up independently, correctly using a three part warm up, pulse raise, dynamic and static stretches.</li> <li>3. Perform a sprint start as part of a sprint race.</li> <li>4. Perform a complete standing throw with correct technique including discus, shot and javelin.</li> <li>5. Keep a correct pace when performing in endurance events.</li> <li>6. Perform the basic hurdle technique over more than one hurdle</li> <li>7. Complete a relay changeover including exchange of baton and rules of changeover box.</li> </ol>		Crouch Body Weight Communication Pacing Lead leg Trail leg Starter	
Hockey	<ol style="list-style-type: none"> <li>1. Recall the Safety rules in Hockey</li> <li>2. Demonstrate the correct body position when dribbling in a game situation</li> <li>3. Demonstrate dribbling and attempt a roll out in a 1v1 situation</li> <li>4. Demonstrate Push and Slap passes in a small sided game.</li> <li>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.</li> <li>6. Demonstrate elimination skills in a practice situation and small sided game– dummy drag left to right and right to left</li> <li>7. Apply tactics to create space in a 2 v 1</li> </ol>		Follow through Slap Rotate Strike Follow through Short corner Man to man Zonal	

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	<p>8. Use the block tackle in a game situation and introduce the Jab tackle in a practice situation</p> <p>9. Complete Short Corners – attacking and defending tactics and rules.</p> <p>10. Play a Half pitch game (7v7) – positions (including Goalkeeper) and using skills, rules and tactics learnt. Introduce advantage in game play rules.</p> <p>11.</p>		
<b>How parents can support learning in the subject this academic year</b>			
<p>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.</p> <p>Shin pads are needed for football and hockey.</p> <p>Gum shields are strongly recommended for hockey and rugby (National Governing Body guidance).</p> <p>Encourage your child to take part in regular exercise at the weekend.</p> <p>Encourage your child to attend the afterschool sports clubs.</p> <p>Play games with your child, throwing and catching and practise other skills like changing direction.</p>			
<b>Recommended Reading</b>			
<p>There are many superb sports books in the school library that are suitable for students to enjoy.</p>			
<b>Points to note</b>			
<p>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.</p> <p>Cricket – Colwall, Ledbury, Dymock, Redmarley, Bartestree</p> <p>Football – Ledbury Swifts</p> <p>Rugby – Ledbury Rugby Football Club</p> <p>Athletics – Hereford/Worcester</p> <p>Tennis – Ledbury Tennis Club</p> <p>Hockey – Newent/Malvern</p> <p>Basketball – Leadonites</p> <p>JMSport – Courts and facility hire (squash, badminton, table tennis, martial arts)</p> <p>Ledbury Leisure Centre – swimming</p>			