

## Curriculum Overview – Year 8 Physical Education

Unit Title	Learning	How can parents best support?
Co-operative learning	<ul style="list-style-type: none"> <li>Throughout all activities students will build on and embed their interpersonal and social skills through a range of progressively challenging co-operative learning tasks for each activity. These lessons will focus on the following:</li> </ul> <p>(a) <b>Positive interdependence</b>            (b) <b>Promotive face-to-face interaction</b>            (c) <b>Individual accountability</b>            (d) <b>Group processing</b>            (e) <b>Interpersonal and small-group skills</b></p>	<p>Ensure your child bring weather appropriate PE kit to every lesson.</p> <p>Encourage your child to attend a range of extra-curricular clubs to improve performance.</p> <p>Encourage your child to read about activities they are unfamiliar with to enhance their knowledge and understanding.</p>
Invasion activities:  Football Netball Hockey Handball Basketball	<ul style="list-style-type: none"> <li>Repetition of core skills and development of advanced skills through isolated drills in order to develop control and accuracy.</li> <li>Application of core skills and advanced skills within condition games in order to develop confidence whilst under pressure.</li> <li>Application of core skills and some advanced skills within a competitive situation in order to outwit opponents in attack and defence.</li> <li>Understanding of rules, regulations and positioning</li> <li>Reflection of own and others performances against practical criteria.</li> </ul>	

<p>Net and Wall activities:</p> <p>Badminton Table Tennis</p>	<ul style="list-style-type: none"> <li>• Repetition of core skills and development of advanced skills through isolated drills in order to develop control and accuracy.</li> <li>• Application of core skills and advanced skills within condition games in order to develop confidence whilst under pressure.</li> <li>• Application of core skills and some advanced skills within a competitive situation in order to outwit opponents in attack and defence.</li> <li>• Understanding of rules, regulations and positioning on court or around the table.</li> <li>• Reflection of own and others performances against practical criteria.</li> </ul>	
<p>Aesthetic activities:</p> <p>Cheerleading Dance Gymnastics</p>	<ul style="list-style-type: none"> <li>• Repetition of core skills and advanced skills through isolated practices in order to develop control and accuracy.</li> <li>• Application of core skills and advanced skills within a sequence / motif / routine in order to develop creativity and quality of performance.</li> <li>• Understanding of how to make a performance look aesthetically pleasing by considering use of levels, speed and direction.</li> <li>• Reflection of own and others performances against practical criteria.</li> </ul>	

<p>Striking and fielding</p> <p>Rounders</p> <p>Cricket</p>	<ul style="list-style-type: none"> <li>• Repetition of core skills and advanced skills through isolated drills in order to develop control and accuracy.</li> <li>• Application of core skills and advanced skills within condition games in order to develop confidence whilst under pressure.</li> <li>• Application of core skills and some advanced skills within a competitive situation in order to outwit opponents in attack and defence.</li> <li>• Understanding of basic rules, regulations and positioning and scoring.</li> </ul> <p>Reflection of own and others performances against practical criteria.</p>	
<p>Athletic / maximum levels:</p> <p>Athletics</p> <p>Fitness</p>	<ul style="list-style-type: none"> <li>• Repetition of core and advanced skills / fitness techniques in order to develop control and accuracy.</li> <li>• Ability to adapt to new situations within competitive situations Understanding of most rules and regulations specific to each event.</li> <li>• Reflection of own and others performances against practical criteria.</li> <li>• Knowledge and understanding of how the body works and adapts during physical activity.</li> </ul>	