**Curriculum Overview for Core PE**

**Year 8**

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| **Half Term 1&2: Rotation of Sports**  **Substantive Knowledge:**  Basketball:   * Handling the ball * Passing the ball: Chest pass, bounce pass & overhead pass * Dribbling * What is the travel rule? * What is the double dribble rule? * What is a set shot? * What is a lay up? * What is defence? * Defending body positioning   Fitness:   * Describe and explain the key principles of different training methods: continuous training, interval training, fartlek training, circuit training, plyometric training and weight training. * Demonstrate how these sessions are performed successfully. * The possible adaptions for different athletes, for each method of training.   Football:   * Dribbling (inside and outside of foot) * Turning (Hook, Drag back , Cruyff) * Passing (side foot, low drive, lofted) * Keeping possession * Protecting the ball * Adapting their shooting technique/type of shot * Jockeying/ directing player/ * Creating space/ moving into space * Using width * Basic understanding of rules   **Disciplinary Knowledge:**  Basketball:   * Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments. * Leadership opportunities * Officiating * Evaluating performance * Communication and teamwork   Fitness:   * Pupils to perform training session * Leadership opportunities * Evaluating performance * Communication and teamwork * Designing their own training sessions   Football:   * Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments. * Leadership opportunities * Officiating * Evaluating performance * Communication and teamwork | Speech | Basketball:  Ball handling  Passing  Dribbling  Travel  Double dribble  Chest pass  Bounce pass  Overhead pass  Set shot  BEEF – (Base/Elbow/Eyes/Follow through)  Lay up  2 steps  Defence  Positioning |
| Speech | Fitness: Continuous Training  Aerobic System  Interval Training  Varying Speeds  Fartlek training  Circuit Training  Loop  Bounding  Plyometric training  Weight training  Safety  Training Methods |
| Speech | Football:  Inside/outside foot  Low drive  Lofted  One-two  Step over  Dummy  Turning – Drag back, hook, Cruyff  Drive  Lofted  Width  Crossing  Signal  Defending  Jockey  Direct Organisation  Throw in  Corner  Goal kick  Free kick  Foul |
| Checklist RTL | Pupils are assessed throughout the unit. Pupils will complete their assessment booklet at the end of each activity which will include a pupil grade and a teacher grade. |
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Gymnastics:

* Counter balance
* Counter tension
* Compositional elements
* Group balances
* Partner support
* Start and finish positions

Swimming:

* Lifesaving backstroke
* Buoyant aids
* Sculling
* Surface dive
* Help position
* Entering the water
* Wading
* Swimming in cloths
* Exiting the pool
* Safe rescue
* Falling into water

Rugby:

* Handling the ball
* Picking up the ball
* Pop Pass
* Gut Pass
* Catching
* Tackling
* Rucking
* Offside
* Knock on
* Forward pass
* Attacking line

Defensive line

Gymnastics:

* Pupils to perform skills within rehearsal time and student observation routines.
* Leadership/ coaching opportunities.
* Evaluating performance.
* Communication and teamwork.
* Gymnastics:
* Partner balances
* Counter tension
* Counter balance
* Quality  
  Compositional Elements
* Group Balance
* Support
* Safety
* Apparatus
* Vault
* Pommel Horse
* Bench
* Flight
* Take off
* landing

Swimming:

* Pupils to perform skills within drills
* Leadership opportunities
* Evaluating performance
* Communication and teamwork

Swimming:

Shallow water

Deep water

Safety

Help position

Shouting signal

Throwing aid

Rescue

Casualty

Surface dive

Sculling

Buoyant aid

* Lifesaving backstroke

Rugby:

* Pupils to perform skills within drills, conditioned games, small sided game/mini tournaments.
* Leadership opportunities
* Officiating
* Evaluating performance
* Communication and teamwork
* Selection of pass to meet the demands of a game

Rugby:

Agility  
Side Step

Miss Pass

Loop

Scissors

Maul

Off-Side

Tower of Power

Scrum

Hooker

Tight head

Loose head

Props

Maul

Support play

Formation

Diagonal line

* Straight line