**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 handlingPassingDribblingTravelDouble dribbleChest passBounce pass Overhead passSet shotBEEF – (Base/Elbow/Eyes/Follow through)Lay up2 stepsDefencePositioning  |
| Speech | Fitness:Continuous Training Aerobic SystemInterval TrainingVarying SpeedsFartlek trainingCircuit TrainingLoopBoundingPlyometric trainingWeight trainingSafetyTraining Methods |
| Speech | Football:Inside/outside footLow driveLoftedOne-twoStep overDummy Turning – Drag back, hook, Cruyff DriveLoftedWidth CrossingSignal DefendingJockeyDirectOrganisationThrow inCornerGoal kickFree kickFoul |
| 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