

Sandbach School PE Curriculum:

Year 8 PE Curriculum Sequence

*Intent: Maximising Participation & Developing Excellence*



HT1 Team/invasion games	HT2 Swimming	HT3 Individual games Health related fitness	HT4 Kayaking Gymnastics	HT5 Striking & Fielding activities	HT6 Athletics
<p><b>Why this unit?</b></p> <p>Following from the previous year's Team games activities, this unit allows students to continue to develop us of a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Fundamental movement skills continue to be developed through a range of team games.</p> <p>Direction towards the academic/participation pathway continues within this unit, giving students an appreciation for sport and lifelong physical activity participation.</p>	<p><b>Why this unit?</b></p> <p>Following from Y7, students are taught to develop their stroke technique, as well as water confidence to use a range of strokes effectively.</p> <p>Students are also taught basic personal survival skills within the unit presenting intellectual and physical challenges and are encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>	<p><b>Why this unit?</b></p> <p><u>Individual games</u> Following from Y7, students are taught to develop techniques within individual games,, as well as develop and improve tactics and strategies to outwit opponents.</p> <p><u>Health related Fitness</u> In this unit pupils will be encourage to experience specific fitness based skills in a range of contexts. To further develop an ability to evaluate and assess movements and techniques to produced refined outcomes. Pupils will further investigate ways of warming up and the importance of health through completion of physical tasks.</p>	<p><b>Why this unit?</b></p> <p>Students are given the opportunity to take part in Kayaking which presents intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p> <p>Following from Y7 Gymnastics, students are taught to develop their technique and improve their performance within Gymnastics, applying fundamental movement skills to sequences and performances, incorporating academic knowledge of Muscles and Bones to develop understanding of movement.</p>	<p><b>Why this unit?</b></p> <p>Following from Y7, students are encouraged to revisit and progress their own hand-eye co-ordination skills, whilst developing. Range of strategies and tactics to outwit opponents within Striking &amp; Fielding games.</p> <p>In this unit pupils focus on accurate replication &amp; further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will develop competence in scoring systems and officiating.</p>	<p><b>Why this unit?</b></p> <p>In this unit, pupils will begin to use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance.</p> <p>Pupils will perform and improve core skills and personal/team bests in relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity through scoring, measuring and comparing distances, times and heights.</p>
<p><b>Examples of activities used to deliver team/invasion games.</b></p> <p>Rugby</p> <p>Hockey</p> <p>Football</p> <p>Basketball</p> <p>Invasion</p> <p>Handball</p>	<p><b>Examples of activities used to deliver Swimming</b></p> <p>Body position</p> <p>Leg kick</p> <p>Arm stroke</p> <p>Breathing</p> <p>Timing</p> <p>For...</p> <p>Front crawl</p> <p>Backstroke</p> <p>Breaststroke</p> <p>Water entries, Treading water, Use of floatation devices.</p>	<p><b>Examples of activities used to deliver this unit</b></p> <p>Badminton</p> <p>Table Tennis</p> <p>Circuit training, Continuous training, HITT training. Heart rate monitoring, Fartlek, Weight Training and Plyometric training.</p>	<p><b>Examples of activities used to deliver this unit.</b></p> <p>Water confidence skills</p> <p>Personal survival skills</p> <p>Teamwork skills</p> <p>Partner balances</p> <p>Group balances</p> <p>Use of apparatus</p>	<p><b>Examples of activities used to deliver this unit.</b></p> <p>Cricket</p> <p>Rounders</p> <p>Softball</p> <p>Tennis</p> <p>Danish Longball</p>	<p><b>Examples of activities used to deliver this unit</b></p> <p>SAQ</p> <p>Endurance running</p> <p>Pacing</p> <p>Sprints</p> <p>Throws</p> <p>Jumps</p>
<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>• Sport Education pathway</li> <li>• Academic PE pathway-NEA</li> <li>• Extra curricular participation</li> </ul>	<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>• Lifelong participation pathway</li> <li>• Academic PE pathway-NEA</li> <li>• Extra curricular participation</li> <li>• OAA-Kayaking</li> </ul>	<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>• Lifelong participation pathway</li> <li>• Academic Pathway- Methods of training</li> <li>• KS3 Maths</li> </ul>	<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>• Academic pathway-Paper 1</li> <li>• Y9 Kayaking</li> </ul>	<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>• Academic pathway- NEA</li> <li>• Participation Pathway</li> <li>• Extra curricular participation</li> <li>• KS3 Maths</li> </ul>	<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>• Academic Pathway</li> <li>• Extra curricular participation</li> <li>• KS3 Maths</li> </ul>
<p><b>These topics feed from:</b></p> <ul style="list-style-type: none"> <li>• Y7 Team games</li> </ul>	<p><b>These topics feed from:</b></p> <ul style="list-style-type: none"> <li>• Y7 Swimming</li> </ul>	<p><b>These topics feed from:</b></p> <ul style="list-style-type: none"> <li>• Y7 Individual games</li> <li>• Y7 Health related fitness</li> </ul>	<p><b>These topics feed from:</b></p> <ul style="list-style-type: none"> <li>• Y7 Gymnastics</li> </ul>	<p><b>These topics feed from:</b></p> <ul style="list-style-type: none"> <li>• Y7 Striking &amp; Fielding</li> <li>• Individual games</li> <li>• Invasion games</li> </ul>	<p><b>These topics feed from:</b></p> <ul style="list-style-type: none"> <li>• Y7 Athletics</li> </ul>