

Physical Education
Year 8 curriculum map



Year 8 Girls	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Football Basketball	Hockey Health and wellbeing	Rugby Gymnastics	Netball Handball	Athletics OAA	Athletics Cricket
Key Knowledge for acquisition, recall and application in assessment or exam	<p>Ball control</p> <ul style="list-style-type: none"> • using both feet <p>Passing</p> <ul style="list-style-type: none"> • short • long along the ground • throw ins <p>Shooting</p> <ul style="list-style-type: none"> • short • long range <p>Dribbling</p> <ul style="list-style-type: none"> • use of both feet <p>Tackling</p> <ul style="list-style-type: none"> • jockeying • block tackle <p>Marking</p> <ul style="list-style-type: none"> • player with the ball 	<p>Passing</p> <ul style="list-style-type: none"> • push • slap hit <p>Dribbling</p> <ul style="list-style-type: none"> • push <p>Shooting</p> <ul style="list-style-type: none"> • open side technique <p>Tackling</p> <ul style="list-style-type: none"> • block <p>Marking</p> <ul style="list-style-type: none"> • player with the ball <p>Component of fitness</p> <ul style="list-style-type: none"> • cardiovascular endurance • muscular endurance • speed • strength 	<p>Passing</p> <ul style="list-style-type: none"> • both hands in either direction • offloading <p>Receiving</p> <ul style="list-style-type: none"> • stationary • on the move • ground pick up <p>Running with the ball</p> <p>Beating opponents</p> <ul style="list-style-type: none"> • change of pace/direction <p>Tackling</p> <ul style="list-style-type: none"> • basic technique from front and side • close contact tackling <p>Ruck</p>	<p>Footwork</p> <ul style="list-style-type: none"> • stopping/landing • pivot <p>Ball handling</p> <ul style="list-style-type: none"> • catching whilst stationary • catching whilst on the move <p>Passing over a short and mid-long distances</p> <ul style="list-style-type: none"> • chest • overhead • bounce • shoulder pass <p>Shooting</p> <ul style="list-style-type: none"> • stationary <p>Rebounds</p> <p>Marking</p>	<p>Track</p> <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing <p>Jumping</p> <ul style="list-style-type: none"> • approach • synchronisation of arm and leg action • take off • flight • landing <p>Throws</p> <ul style="list-style-type: none"> • initial stance • grip • throwing action • release phase • follow through 	<p>Track</p> <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing <p>Jumping</p> <ul style="list-style-type: none"> • approach • synchronisation of arm and leg action • take off • flight • landing <p>Throws</p> <ul style="list-style-type: none"> • initial stance • grip • throwing action • release phase • follow through

Physical Education
Year 8 curriculum map



	<p>Stance and footwork</p> <ul style="list-style-type: none"> • triple threat position • pivoting <p>Passing</p> <ul style="list-style-type: none"> • chest • bounce • overhead <p>Shooting</p> <ul style="list-style-type: none"> • set shot • dominant hand lay up <p>Dribbling</p> <ul style="list-style-type: none"> • use of dominant hand <p>Marking player with the ball</p>	<ul style="list-style-type: none"> • power • flexibility • agility • balance • co-ordination • reaction time <p>Benefits of exercise on mental health</p>	<ul style="list-style-type: none"> • going to ground • placing ball behind • supporting roles <p>Picking up a ball</p> <ul style="list-style-type: none"> • stationary • moving • falling on ball <p>Rolls</p> <ul style="list-style-type: none"> • forward • backward <p>Balances</p> <p>Handstand</p> <p>Cartwheels</p> <p>Jumps/leaps</p> <p>Twists</p> <p>Steps</p> <p>Vaulting</p> <ul style="list-style-type: none"> • squat • straddle • handspring 	<ul style="list-style-type: none"> • player with the ball • interception <p>Catching</p> <ul style="list-style-type: none"> • stationary • on the move • from the bounce <p>Position for catching the ball</p> <ul style="list-style-type: none"> • frontal <p>Dribbling with dominant hand</p> <p>Passing</p> <ul style="list-style-type: none"> • standing <p>Shooting</p> <ul style="list-style-type: none"> • shot in place 	<p>Develop solutions</p> <p>Application of map skills</p> <p>Communication</p> <p>Problem solving</p> <p>Organisation/planning</p>	<p>Batting</p> <ul style="list-style-type: none"> • running between the wickets • footwork • drive • pull • communication with batting partner <p>Bowling</p> <ul style="list-style-type: none"> • medium • line of bowl <p>Fielding</p> <ul style="list-style-type: none"> • judgement of the approaching ball • stopping the ball • catching • pick up and throw – underarm and overarm <p>Teamwork and communication</p> <p>Wicket keeping</p> <ul style="list-style-type: none"> • catches • run outs
--	---	---	---	---	--	--

Physical Education
Year 8 curriculum map



Key skills to apply in assessment or exam	All of the above	All of the above	All of the above	All of the above	All of the above	All of the above
Title of Knowledge Organiser	Football Basketball	Hockey	Rugby Gymnastics	Netball Handball	Athletics OAA	Athletics Cricket

Physical Education
Year 8 curriculum map



Year 8 Boys	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Rugby Health and wellbeing	Football Basketball	Hockey Handball	Invasion games Gymnastics	Athletics OAA	Athletics Cricket
Key Knowledge for acquisition, recall and application in assessment or exam	Passing <ul style="list-style-type: none"> • both hands in either direction • offloading Receiving <ul style="list-style-type: none"> • stationary • on the move • ground pick up Running with the ball Beating opponents <ul style="list-style-type: none"> • change of pace/direction Tackling <ul style="list-style-type: none"> • basic technique from front and side • close contact tackling 	Ball control <ul style="list-style-type: none"> • sing both feet Passing <ul style="list-style-type: none"> • short • long along the ground • throw ins Shooting <ul style="list-style-type: none"> • short • long range Dribbling <ul style="list-style-type: none"> • use of both feet Tackling <ul style="list-style-type: none"> • jockeying • block tackle Marking <ul style="list-style-type: none"> • player with the ball 	Passing <ul style="list-style-type: none"> • push • slap hit • drive Reverse stick passing <ul style="list-style-type: none"> • push Dribbling <ul style="list-style-type: none"> • push • tap Shooting <ul style="list-style-type: none"> • open side technique Tackling <ul style="list-style-type: none"> • block • jab – front and side Marking	Passing Receiving Marking Game sense Team work Leadership Rolls <ul style="list-style-type: none"> • forward • backward Balances Handstand Cartwheels Jumps/leaps	Track <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing Jumping <ul style="list-style-type: none"> • approach • synchronisation of arm and leg action • take off • flight • landing Throws <ul style="list-style-type: none"> • initial stance • grip • towing action • release phase • follow through 	Track <ul style="list-style-type: none"> • starting • finishing • posture • arm action • leg action • bend running • pacing Jumping <ul style="list-style-type: none"> • approach • synchronisation of arm and leg action • take off • flight • landing Throws <ul style="list-style-type: none"> • initial stance • grip • throwing action • release phase

	<p>Ruck</p> <ul style="list-style-type: none"> going to ground placing ball behind supporting roles <p>Picking up a ball</p> <ul style="list-style-type: none"> stationary moving falling on ball <p>Component of fitness</p> <ul style="list-style-type: none"> cardiovascular endurance muscular endurance speed strength power flexibility agility balance co-ordination reaction time <p>Benefits of exercise on mental health</p>	<p>Stance and footwork</p> <ul style="list-style-type: none"> triple threat position pivoting <p>Passing</p> <ul style="list-style-type: none"> chest bounce overhead <p>Shooting</p> <ul style="list-style-type: none"> set shot dominant hand lay up <p>Dribbling</p> <ul style="list-style-type: none"> use of dominant hand <p>Marking player with the ball</p>	<ul style="list-style-type: none"> player with the ball <p>Ball control</p>	<p>Twists</p> <p>Steps</p> <p>Vaulting</p> <ul style="list-style-type: none"> squat straddle <p>Handspring</p>	<p>Develop solutions</p> <p>Application of map skills</p> <p>Communication</p> <p>Problem solving</p> <p>Organisation/planning</p>	<ul style="list-style-type: none"> follow through <p>Batting</p> <ul style="list-style-type: none"> running between the wickets footwork drive pull communication with batting partner <p>Bowling</p> <ul style="list-style-type: none"> medium line of bowl <p>Fielding</p> <ul style="list-style-type: none"> judgement of the approaching ball stopping the ball catching pick up and throw – underarm and overarm <p>Teamwork and communication</p> <p>Wicket keeping</p> <ul style="list-style-type: none"> catches run outs
--	--	---	--	--	--	---

Physical Education
Year 8 curriculum map



Key skills to apply in assessment or exam	All of the above	All of the above	All of the above	All of the above	All of the above	All of the above
Title of Knowledge Organiser	Rugby	Football Basketball	Hockey Handball	Invasion games Gymnastics	Athletics OAA	Athletics Cricket