

(Y8) (Core PE) Curriculum Summary

| Activity | Unit / title | Core knowledge / links to previous and future learning | Formative (interim) assessment / homework | Formal assessment |
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| 1 | Football | <ul style="list-style-type: none"> ● Skills: Ball control under pressure, shooting at different distances, angles, beating an opponent, short - long passing (1 touch lofted) ● Rules: Feet behind line, feet on the fall for throw - ins, goal kicks off the ground, back passes, tackling (fouls) ● Fitness Testing: Understand why speed is important for football Speed 30m Sprint Test 1.Measuring Heart Rate 2.Intensity - Rating of Perceived Exertion (RPE) ● Tactics: Long Balls, Playing out from the back | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |
| 2 | Invasion games | <p>Netball</p> <ul style="list-style-type: none"> ● Skills: Shooting (short distance), 1-2 Footwork, Jump stop on the move catching the ball in the air ● Rules: Passing over a 3rd, Starting and Restarting play (Centre Pass), Court Positions (GK,GD,C,GA,GS,WA,WD) ● Fitness Testing: Grip Dynamometer test with correct procedure 1. Maximal and submaximal tests 2. Intensity - Rating of Perceived Exertion (RPE) ● Fitness Strength training (reps & sets) ● Tactics: Give and Go | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |

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| | | <p>Rugby League</p> <ul style="list-style-type: none"> ● Skills: Offloading the ball, 3 man scrums (Crouch, Bind, Set), Contact basics Front/Side & holding up the ball ● Rules: Number of Tackles/Tags, Retreating after a tackle/tags, Restarting the game after a Knock - on/ forward pass ● Fitness Testing: Grip Dynamometer test with correct procedure <ol style="list-style-type: none"> 1. Maximal and submaximal tests 2. Intensity - Rating of Perceived Exertion (RPE) ● Fitness Strength training (reps & sets) ● Tactics: Running onto a pass | | |
| 3 | Outdoor Pursuits | <ul style="list-style-type: none"> ● Problem Solving - Orienteering (Grid reference) ● Cross Country ● Fitness Testing: Aerobic Endurance <ol style="list-style-type: none"> 1. Continuous/Interval/ Fartlek Training 2. Multi-Stage Fitness Test ● Multistage fitness test <ol style="list-style-type: none"> 1. Measuring Heart Rate 2. Intensity - Rating of Perceived Exertion (RPE) 3. Maximal and Submaximal tests ● Problem Solving - Team Building Activities / Capture the flag | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |
| 4 | Badminton | <ul style="list-style-type: none"> ● Skills: Smash, Drop and Net Lift. ● Rules: Serve rule. Shuttlecock out/in rule. When the point and serve goes to the opponent. ● Fitness Testing: Muscular Endurance | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |

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| | | <p>Sit Up/ Press Up tests</p> <ol style="list-style-type: none"> 1. Measuring Heart Rate 2. Intensity - Rating of Perceived Exertion (RPE) <ul style="list-style-type: none"> ● Circuit Training ● Tactics: 1 v1 attacking shots | | |
| 5 | Basketball | <ul style="list-style-type: none"> ● Skills: Passing, Pivoting (jab step) ● Rules: Scoring 2 & 3 points, Violations (pivoting & backcourt), Fouls (Contact reaching/holding/striking), Flagrant behaviour (poor sportsmanship). ● Fitness Testing: Power & Agility - SAQ <ol style="list-style-type: none"> 1. Illinois Agility run 2. Vertical Jump ● Tactics: Passing and Attacking movement (give and go - pass and cut). | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |
| 6 | Leadership | <ul style="list-style-type: none"> ● Warm Up - 3 Parts <ol style="list-style-type: none"> 1. Pulse Raiser 2. Mobilising 3. Stretches ● Drills - 2 progressions use of equipment. ● Games - referee a game using the correct rules. ● Tournament Design - Round Robin/Knockout. | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |
| 7 | Rounders | <ul style="list-style-type: none"> ● Skills: Bowling technique, Contact the ball, Throwing overarm. ● Rules: Backwards hit rule, how to score a backwards hit and how to field a backwards hit. ● Tactics: Be able to strike the ball and score ½ or a full rounder. | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |
| 8 | Cricket | <ul style="list-style-type: none"> ● Skills: Batting front foot shots (defensive and cover drive) Standing overarm Bowl - Throwing and catching middle distance. ● Rules: Bowling - Bounces, wides & no balls. | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |

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| | | <ul style="list-style-type: none"> ● Tactics: Attacking and fielding positions. | | |
| 9 | Athletics | <ul style="list-style-type: none"> ● Throwing Events: Javelin & Shot Put. ● Sprint Events: 100m, 200m & Relay. ● Endurance Events: 400m & 800m. ● Jumping Events: High Jump. | Practical observation (Practical ability & Sporting Characteristics assessment) | Online Assessment |