



Curriculum Overview

Curriculum Area: Physical Education Year: 8

Year 8 Curriculum:

At Longridge High School we provide high-quality physical education curriculum that inspires all pupils to succeed in competitive sport for enjoyment and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness and provide them with the knowledge and opportunities to lead healthy and active lives.

All pupils in Year 8 will study the following curriculum content, which will be delivered on a rota throughout the year:

Health and fitness

Pupils will develop knowledge of different types of training including continuous, interval, HIIT, Farklek, and circuit training. Pupils will participate in each type of training; be able to describe the characteristics of each type of training; and link each training method to a specific component of fitness.

Team sports

Pupils will recap the core knowledge covered in Year 7 and will then focus on developing knowledge of different positions, positioning, defending strategies and attacking strategies, to overcome opponents in direct competition through team sports [for example, basketball, football, hockey, netball and rugby].

Individual activities

Pupils will learn and practise a range of tactics and strategies using a range of shots such as the overhead clear and drop shot in badminton and using a drive and loop shot in table tennis to overcome opponents in direct competition through individual sports. In athletics pupils will cover a range of track and field events including: 100m, 200m, 300m, 800m and 1500m, long jump and triple jump, Javelin, discus and shot put.

Outdoor education

Pupils will take part in outdoor activities which includes cross country and orienteering. These activities present intellectual and physical challenges and encourage pupils to work in a team, building on trust and developing skills to solve problems, both individually and as a group, as well as developing resilience and independence.

Striking and fielding

Pupils will recap the core knowledge covered in Year 7 and move on to learning about positions, positioning, backing up, batting tactics and fielding tactics.

Links to National Curriculum

Our curriculum for physical education aims to ensure that all pupils have the core knowledge to:

- 1) Develop competence to succeed in a broad range of physical activities
- 2) Be physically active for sustained periods of time
- 3) Engage in variety of competitive sports and activities
- 4) Lead healthy, active lives.

Knowledge and understanding of this curriculum will be assessed by:

In Year 8, pupils will be formally assessed three times throughout the year. Pupils will be assessed in the following 3 strands:

Declarative knowledge:

This will assess what the pupils know through using a range of questioning techniques, mini-plenaries, pupil feedback, and a range of modelling techniques.

Procedural knowledge:

This will assess that the pupils know how to apply a range of skills, decision making and physical attributes when performing individually or as part of a team.

Personal development:

This will assess pupils in terms of their ability to build confidence, work as a team, as well as independently and problem-solving

Powerful Knowledge/Cultural Capital Opportunities

In Physical Education, all pupils will be taught the importance of sport as a National Institution and be aware and understand the role of supporters and allegiances formed across sporting settings. Physical Education is a platform to teach pupils to cope with both success and failure in competitive, individual and team based physical activities, as well as understanding the importance of working within a team for social, physical and emotional well-being. Physical Education offers excellent opportunities to develop a healthy life-long love of physical activity through a wide variety of sport and physical skills which will enhance life-long fitness and life choices. All pupils will conduct themselves when they compete in a manner that will be tolerant of the different faiths and beliefs that contribute to team competitions locally, nationally and internationally.