



# 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.