

<p>PE Year 8</p>	<p>Curriculum Intent: In Year 8, students will explore a wide variety of sporting activities. They will focus on the tactical and strategic aspect of each sport and activity covered over the course of the year, exploring the individual elements that contribute towards successful performance. Students will make links between these areas to develop their understanding of tactical and strategic awareness alongside good knowledge of the rules which can enhance performance. An appreciation of tactics and strategies will be delivered across the key areas and will be developed throughout each sport that is covered. Each assessment will be used to inform future learning in the next unit, allowing teachers to focus on areas of knowledge and understanding which may need more practice.</p>																			
<p>Units</p>	<p>Outwitting Opponents</p>				<p>Racket Sports</p>				<p>Athletics</p>				<p>Striking and Fielding</p>				<p>Creative Movement / Fitness</p>			
<p>Interleaving</p>	<p>Knowledge is gained through practical lessons and developed through practices</p>																			
<p>Knowledge</p>	<p>Passing Defence / intercepting Attacking / shooting Rules of the game Movement</p>				<p>Variety of shots Movement across court Rallying Rules of the game</p>				<p>Short distance Middle distance Jumps Throws How to measure and time</p>				<p>Throwing and catching Fielding Rules of the game Hitting Bowling</p>				<p>Gymnastics Routines Sequences Components of fitness Healthy lifestyles</p>			
<p>Understanding</p>	<p>Shown through a range of contexts such as: <i>The impact of selecting the correct pass within a competitive situation</i> <i>How to read a situation and react accordingly to gain possession of the ball</i> <i>How to outwit an opponent in order to create a goal scoring opportunity</i> <i>Play within the laws / rules of the game to gain an advantage</i> <i>How effective movement is essential within a successful performance</i></p>				<p>Shown through a range of contexts such as: <i>The importance of selecting the correct shot within a game situation</i> <i>How to read an opponent's body language in anticipating a particular shot</i> <i>The rules in order to maximise performance</i> <i>How to move effectively across the court in order to maximise performance</i></p>				<p>Shown through a range of contexts such as: <i>How to develop existing technique in order to improve on prior performance</i> <i>How fitness training can be used to improve performance in athletics e.g. circuit training</i> <i>How to use feedback to make progress and add finesse to performance</i></p>				<p>Shown through a range of contexts such as: <i>How to analyse a situation and respond quickly to reduce the opponent's score</i> <i>Evaluate the importance of tactics and strategies when fielding and batting</i> <i>How to adjust body position in order to direct an object with purpose</i> <i>Apply the rules in order to gain an advantage over opponents</i> <i>Adjust bowling methods to gain an advantage over the batting side</i></p>				<p>Shown through a range of contexts such as: <i>How different training methods can be used to train different components of fitness</i> <i>How to safely perform and execute different training methods e.g. how to safely run and execute a circuit</i> <i>Be creative in developing gymnastics motifs, appreciation of the aesthetics of performance</i> <i>How to live a healthy active lifestyle</i></p>			
<p>Skills</p>	<p>Demonstrate</p>	<p>Analyse</p>	<p>Apply</p>	<p>Evaluate</p>	<p>Demonstrate</p>	<p>Analyse</p>	<p>Apply</p>	<p>Evaluate</p>	<p>Demonstrate</p>	<p>Analyse</p>	<p>Apply</p>	<p>Evaluate</p>	<p>Demonstrate</p>	<p>Analyse</p>	<p>Apply</p>	<p>Evaluate</p>	<p>Demonstrate</p>	<p>Analyse</p>	<p>Apply</p>	<p>Evaluate</p>
<p>Assessment</p>	<p>Teacher observation Peer assessment Self-assessment</p>				<p>Teacher observation Peer assessment Self-assessment</p>				<p>Teacher observation Peer assessment Self-assessment</p>				<p>Teacher observation Peer assessment Self-assessment</p>				<p>Teacher observation Peer assessment Self-assessment</p>			