

Y8 PHYSICAL EDUCATION



PHYSICAL EDUCATION AT YARDLEYS

INTENT: To provide an enriched and broad curriculum which gives pupils the; knowledge, skills, passion and independence to participate in a wide range of activities competitively. A curriculum that is ambitious, tangible and one that will inspire, giving pupils the confidence and desire to continue to be physically active beyond Yardleys. A curriculum committed to nurturing responsible individuals with a deep understanding of the lifelong benefits of good health and fitness, where pupils leave endeavouring to develop good lifestyle habits to secure lifelong personal health

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Students will consolidate fundamental skills and begin to select advanced skills in modified games in the activity areas; striking and fielding and athletics

YEAR 8

	Gymnastics & Dance Net and Wall Games - Badminton	Fitness and Problem Solving Invasion Games - Rugby	Striking and Fielding Athletics
SUBSTANTIVE KNOWLEDGE	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> What type of activity specific exercises can I include in the warm up? How can props or apparatus can be incorporated to change dynamics of performance? How can I create a unique sequence of mini motif? What techniques and skills do I need to perform? What techniques can I employ to ensure consistent precision when performing specific skills? How can I incorporate flight into my performance? What skills can I include in my performance? <p><u>Net and Wall Games</u></p> <ul style="list-style-type: none"> What type of activity specific exercises can I include in phase two of the warm up? What are the different shots that can be employed? What are the names and the correct techniques of shots? What are the different grips and techniques? What are the sports specific rules for doubles games? 	<p><u>Fitness and Problem Solving</u></p> <ul style="list-style-type: none"> What are the ten components of fitness? Which components are aerobic or anaerobic? How to test each of the 10 components of fitness? What sports/roles require specific components of fitness? What attributes are required of a good leader? Why is leadership important in problem solving? How can I use a compass to orientate the map? <p><u>Invasion Games</u></p> <ul style="list-style-type: none"> What is effective activity specific warm-up? How can I score? How can I find space? What can I do to get possession of the ball? What are the sport specific rules? What do I need to do to move forward with the ball? What are the different passes I can use? 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> What techniques can I use to improve the consistency and accuracy of throwing and catching What are the different types of batting shots? When should I select specific type of batting shot? What are the teaching points to improve my bowling technique and consistency? What different batting and fielding tactics can I use to try and beat opponents? <p><u>Athletics</u></p> <ul style="list-style-type: none"> What strategies and tactics can be used in each discipline to maximise performance? ie pacing in middle – long distance events How many lanes on full sized track? What are the staggers used for? How can I perform with greater power? What is my best event in discipline? What skills and techniques can I use to ensure I perform at my maximum?
DISCIPLINARY KNOWLEDGE	<ul style="list-style-type: none"> Following and applying fundamental rules i Working as a team Problem solving Evaluating performance Eliminating opponents Application of skills in competitive scenario Application of strategies and tactics Evaluating individual and peer performance Application of skills 	<ul style="list-style-type: none"> Aerobic and Anaerobic fitness Perform skills in isolation and in combination Following and applying fundamental rules Working as a team Problem solving Evaluating performance Eliminating opponents Performing at maximum levels under pressure Application of tactics and strategies in tasks 	<ul style="list-style-type: none"> Following and applying fundamental rules Working as a team Problem solving Evaluating performance Eliminating opponents Application of skills Application of strategies and tactics Perform skills in isolation Performing at maximum levels in competitive scenario

We aim to provide students with a curriculum that educates the whole child, creating responsible and respectful citizens. Through the development of substantive and disciplinary knowledge students are given the tools that allow them to achieve excellence and be ready for life.