

Roundwood Park School Curriculum Map – PHYSICAL EDUCATION (YR8)

*A curriculum that stimulates curiosity, values diversity and offers challenge.
We help every student to love learning for life, to follow their passions and to reach their full potential.*

**Not all students will always cover all activities, based on facility availability linked to timetabling as well as links to extra-curricular activity.*

Year 8	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring	Autumn/Spring
Unit of Work	Rugby	Netball	Football	Basketball	Health related fitness	Dance
Key knowledge	More advanced work: Further developing core skills with introduction of more advanced ones. Game understanding in larger spaces with more options available and increased structure.	More advanced work: Further developing core skills with introduction of more advanced ones. Game understanding linked to options on the ball and off the ball and interaction of different positions.	More advanced work: Further developing core skills with introduction of more advanced ones. Game understanding including options during attack and defence linked to width on the pitch.	More advanced work: Further developing core skills with introduction of more advanced ones. Game understanding linked to half court structured offence, spacing, with cuts and drives to the basket.	More detailed exploration of heart rate response. Discussion of ten components of fitness and their development/training. Delivering exercise theory through practice and fitness tasks linked to GCSE PE knowledge.	More advanced work: Further development of choreographic process with more creative movement ideas and technical accuracy. More independent evaluation and feedback work with less teacher structuring than in Y7.
Activity Type	Invasion team game	Invasion team game	Invasion team game	Invasion team game	Health and fitness knowledge and tasks.	Dance
Key Vocabulary	Jackal, switch, defensive line, spin pass, drift, press, offload.	Intercepting, clearing, driving, possession, spacing.	Lofted and driven passes, width, finishing, receiving the ball, half turn, turn out.	Offence, basket cut, driving lane, swing, triple threat, cross-over.	CV endurance, strength, flexibility, balance, power, speed.	action, energy, dynamics, space, stimulus, space, stylistic features
ASPIRE Habits	Organise	Organise	Take risks	Collaborate	Make links and question	Plan and think creatively
Reading Opportunities	Articles are used during reading week, along with the texts which are detailed through the super-curricular process.					

Year 8	Autumn/Spring	Autumn/Spring	Summer	Summer	Summer	Summer
Unit of Work	Table Tennis	Badminton	Athletics	Cricket	Tennis	Rounders
Key Knowledge	More advanced work: Developing skills to allow more attacking shots bringing less rallying. Game understanding including attack vs defence in points and related footwork (depth from table)	Introducing the game: Developing core skills on forehand side along with footwork. Game understanding including service, scoring system and shot selection.	More advanced work: Further development of a range of athletic events, adding approaches and tactical elements. Further developing personal best culture, more advanced techniques and increased physical proficiency.	More advanced work: Further developing skills in batting (additional shots), bowling (increased consistency) and fielding. Game understanding linked to shot placement, bowling strategies and field placement.	More advanced work: Further developing core skills targeting increased consistency and quality of footwork. Game understanding linked to shot selection and combination work.	More advanced work: Further development of core skills adding consistency and dynamism. Game understanding linked shot placement, prevention of scoring and good choices in the field.
Activity Type	Net/racket/bat game	Net/racket/bat game	Individual athletic performance	Striking and fielding game	Net/racket/bat game	Striking and fielding game
Key Vocabulary	Spin, side/side & in/out footwork. Variety, disguise	Clear, flick, smash, drop, drive, singles, doubles.	Fosbury flop, sprint start, glide, cross-over, hang, dip.	Cut, pull, delivery stride, wrist position, cover, backing up.	Top- spin, ball toss, deuce, slice, big C, volley	Backing up, off-3 rd , scoring base, twinning.
ASPIRE Habits	Focus	Focus	Think logically and review	Collaborate	Focus	Communicate
Reading Opportunities	Articles are used during reading week, along with the texts which are detailed through the super-curricular process.					