

Physical Education

Year 8 Overview

Pupils in year 8 will continue to develop their knowledge of sport through the introduction of new sports. Pupils will continue to learn the core skills involved in these new sports but also develop a greater tactical and strategic awareness through transferring skills learned in the previous years teaching. A student demonstrating secure knowledge will be able to demonstrate the core skills in a competitive situation and have the knowledge of how to perform the skill. They will also be able to use some tactics and strategies to overcome an opponent.

Half Term	Curriculum Plan
Invasion Games	Sports will include: Rugby, Netball and Handball. Pupils will develop their passing, movement, and ball-handling skills in a range of sports, learning how to be effective in both attack and defence. They will improve their decision-making by understanding when to pass, engage, and defend. In rugby, pupils will also learn safe contact skills, including correct tackling and rucking techniques.
Net and Wall Games	Sport to be covered: Badminton Pupils will develop an understanding of serving, footwork and positioning on the court. They will look at how they can outwit an opponent on the serve to allow themselves to be more attacking with their play. Pupils will develop a range of offensive shots which will allow them to outwit their opponent with more success. Pupils will also learn some of the rules and regulations for badminton.
Gymnastics	Pupils will learn about different shapes and body positioning and what makes a movement more aesthetically pleasing which is a vital component within gymnastics. They will explore different movements such as straddles and pikes. Pupils will further develop their skills in travelling and being able to combine a series of balances and movements into an extended routine. Pupils will develop their use of using a springboard and trampette performing movement whilst in the air.
OAA	Pupils will further develop their map reading skills and be able to navigate between points, to demonstrate the ability to stay on track. They will develop an understanding of grid referencing and be able to use a 6-figure grid reference to locate different points on a map.
Athletics	Events will include the 200m, 1500m, discus, javelin, triple jump, and relay changeovers. Pupils will learn how to prepare effectively for events and pace themselves in longer-distance races. They will further develop their throwing and jumping techniques by building on skills learned in previous years and combining more advanced movements and phases.
Striking and Fielding	Sports will include cricket and rounders. Pupils will develop their striking, bowling, and fielding skills, learning how to score more effectively by using space and directing their shots. They will improve their bowling through varying length in cricket and height in rounders, while also developing tactical fielding positions to help prevent runs and rounders.

PE Kit requirements

Pupils will need to ensure that they have PE kit for all lessons regardless of whether they are ill or injured. Pupils should always have their Ormiston PE t-shirt for lessons. Shorts, leggings and trousers must be black. Cycling shorts are not permitted in lessons

Useful links:

[Physical Education - BBC Bitesize](#)

Assessments:

Pupil assessment will be ongoing with a working at grade being reviewed each half term. Pupils will be assessed on their knowledge of the skill and practical performance which will contribute to their overall working at grade.