

Physical Education – Curriculum Overview 2020/21

	TOPIC OVERVIEW	KNOWLEDGE & SKILLS	ASSESSMENT	WIDER LINKS
Year 8	<p>Across the year students will:</p> <ul style="list-style-type: none"> • Throughout the terms all students will experience 3 different sports. • Students have an opportunity to participate in a range of lunchtime and extra-curricular clubs • Students will participate in competitive interhouse competitions • Basic skills will be introduced and then built up across the year • Students will remain on each sport for 5 weeks. • Students have an opportunity to apply to become a Marriotts Sports Leader 	<p>Key knowledge</p> <p>Introduction to the components of fitness:</p> <p>Co-ordination / Reaction-Time / Agility / Power / Balance / Speed / Strength /</p> <p>Key Skills</p> <p>Development of physical literacy skills across a range of sports and introduced to leadership qualities. Begin to focus on tactical understanding and development across the various sports</p> <p>Personal development skills</p> <p>Team work / resilience / communication / confidence / respect & friendship / determination / independence / OWNERSHIP</p>	<p>Knowledge retention will be tested regularly in relation to previous skills and components of fitness taught through targeted questioning.</p> <p>Teachers will provide students with a level across 3 stands as well as an approach to learning (ATL Score). Students will then have the opportunity to review these levels and create targets for their next sport.</p> <p>Students will be assessed in 4 separate assessment strands across all sports:</p> <p>Strand 1 – Physical Skills Assessing students physical ability in relation to the application of skills and technique in isolated situations and competitive stations</p> <p>Strand 2 – Leadership Through this strand we are able to assess a student’s ability to lead, this can be through leading a warm up to a small group. Setting a drill activity up and the ability to give feedback using technical coaching points</p> <p>Strand 3 – Components of fitness We will assess students abilities to demonstrate an understanding of the components of fitness they will use within a lesson / sport</p> <p>Strand 4 – Personal development Students will be assessed and monitored on the changes within their personal development in relation to their confidence, resilience, independence and ownership</p>	<p>Personal development links Links to team work / resilience / communication / confidence / respect & friendship / determination</p> <p>Extra-curricular opportunities Extensive range of clubs on offer during lunchtimes and after school</p> <p>English – Literacy skills; Speaking and Listening. Writing (reflective sentences, Peer analysis sheets, writing to organize thoughts and ideas, mini whiteboards, writing assessment criteria’s and evaluating performances). Reading (working out assessment criteria, target setting, using reading to research homework and subject area tasks).</p> <p>Maths – Numerical scoring systems, multiplication of success criteria points, addition and subtraction for numeracy related sport tasks. Angles in rotation, positioning and skill execution. Use of dimensions for specific sporting perimeters of play.</p> <p>Science - Body Systems (Muscular, Skeletal, Cardio and Respiratory)</p> <p>Geography/History – Linking sports to their Country of Origin.</p> <p>ICT – (IPAD) Video Analysis. Coach my Video technology.</p>

SPORT AT MARRIOTTS

Main sports you will study...

<p>Gymnastics</p> <p>You will be developing the basic components of a routines, which focus on Balances, Rotations, Travel and Jumps.</p> 	<p>Netball</p> <p>You will be learning about passing, footwork, shooting, positions, attacking and defending.</p> 	<p>Trampolining</p> <p>You will be developing the basic fundamental skills looking at basic shapes, seat landings, front landings, back landings and linking skills</p> 	<p>Basketball</p> <p>You will be developing the basic core skills needed to compete in a game of Basketball, such as passing, dribbling, attacking, defending and shooting.</p> 	<p>Football</p> <p>Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.</p> 	<p>Rugby</p> <p>You will develop an understanding of the game, whilst developing core skills such as passing, tackling, rucking and special awareness.</p> 
<p>Cricket</p> <p>Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.</p> 	<p>Athletics</p> <p>Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.</p> 	<p>Rounders</p> <p>You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.</p> 	<p>Fitness</p> <p>You will be learning about how to stay physically active from looking at how to use machines in the gym and complete fitness classes</p> 	<p>Table Tennis</p> <p>You will be learning about serving, forehand and backhand pushes as well as rallying.</p> 	<p>OAA</p> <p>Take part in outdoor and adventurous activities, which present mental and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> 