**Y8 PE Curriculum Progression Map**

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Dates** | 4th September – 20th October | 30th October – 15th December | 2nd January – 9th February | 19th February – 23rd March | 9th April – 25th May | 4th June – 24th July |
| **Weeks** | 7 Weeks | 7 Weeks | 6 Weeks | 5 Weeks | 5 Weeks | 7 weeks |
| **Lessons** | 7 Lessons | 7 Lessons | 6 Lessons | 5 Lessons | 5 Lessons | 7 Lessons |
| **Inset** | 2nd, 3rd, 20th September | 2nd December | - | - | - | 23rd July, 24th July |
| **Unit Title** | Baseline testing | Football (Depending on group) | Netball (Depending on group) | Basketball (Depending on group) |  Athletics (Depending on group) | Rounders (Depending on group) |
| **Sequence** | * 6 basic fitness tests to be completed in each lesson. Results to be recorded in the ABCD booklets.
* 6 min endurance Run
* 30 metre sprint
* Sit up (muscular endurance) test
* Balance test
* Agility
* Standing long jump
 | Key skills to include:Develop PassingDribbling, Turns and Outwitting a defenderDevelop AttackDevelop ShootingHeadingDefensive strategies/tactics | Key skills to include:Recap passing Skills & fundamental rulesTiming of pass/support playAttacking play/outwitting opponentsShootingMarking/defending | Key skills to include:Develop Passing/PivotingDribbling/Triple ThreatAttacking and outwitting an opponentDefence – Defending SkillsRecap Shooting – set shot, lay upDevelop Shooting – jump shot | Key skills to include:Sprint running technique (100/200/400m)Middle distance running – 800mJumping - high jumpThrowing – shot puttThrowing – javelinRelay | Key skills to include:Fielding skillsBowling development Batting developmentPositional rolesTactics/strategies to outwit opponents |
| **Rationale** | Pupils are baselined upon entry into year 7 and the testing allows teachers to gain an understanding of the student’s ability coming in at KS3.The tests are repeated at the same time in year 8 and then year 9, results are recorded every year in the same booklet. This allows students and teachers to see any progression made but also any regressions. Students are introduced the terminology associated with each of the tests to start to build their vocab.  | Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents. In invasion games the main intention is to invade your opponents’ territory and to outwit them so that you can score goals or points. | Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with intent to outwit the opposition. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition. | Pupils will focus on developing team attacking and defending strategies and techniques. Pupils will select and apply their skills so that they can carry out tactics with the intention of outwitting their opponents. | In this unit, pupils begin to use their knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness and its relationship to performance. In athletic activities, pupils will engage in performing and improving their skills and personal and collective bests in relation to speed, height, distance and accuracy. | In this unit pupils focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding. Pupils will further work on the skill of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupil should accurately score games & understand rules.  |
| **Key Building Blocks** | Knowledge of:FitnessHealthLeading a Healthy, Active Lifestyle | Knowledge of:A variety of conditioned football gamesWorked independently in small groupsUsed and applied football rulesSome knowledge of tactics and team organization in football Developed basic football skills | Knowledge of:A variety of conditioned netball gamesWorked independently in small groupsUsed and applied netball rulesSome knowledge of tactics and team organization in netball Developed basic netball skills | Knowledge of:A variety of conditioned basketball gamesWorked independently in small groupsUsed and applied basketball rulesSome knowledge of tactics and team organization in basketball Developed basic basketball skills | Knowledge of:Acquired sound technique in all events.Gained knowledge of running, jumping & throwing capacityAwareness of strengths and limitationsApplied strategies in competitive situations | Knowledge of:Developed an understanding of basic batting, bowling and fielding tactics.Developed a range of batting, bowling and fielding tactics.Understood and identified specialist positions  |
| **Retrieval Practices** | Whiteboard activitiesQ and A sessionPractical performanceDemonstration  | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration | Whiteboard activitiesQ and A sessionPractical performanceDemonstration |
| **Key Skills** |  Listening

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| Practical application Preparing safely Cooperation  |

 | Preparing safelyCooperation and communicationTeamworkTactics | Preparing safelyCooperation and communicationTeamworkTactics | Preparing safelyCooperation and communicationTeamworkTactics | PacingTimingConsistencySafetyMental determination | Preparing safelyCooperation and communicationTeamworkTactics |
| **Key terms** | Muscular EnduranceAgilityMuscular StrengthPowerHealthy Lifestyle Choices | Strategies and tacticsPrinciples of attack and defenceKeeping possession and making progression Dispossessing an opponentInterceptingMarkingTackling  | Preparing safelyCooperationTeamworkTacticsRulesPeer coaching | Tactics - principles of attack and defenceFinding and using spaceChanging speedPreparation - warming up, cooling downAssessment - collecting and analysing data | RunningThrowing and jumpingInterval trainingFartlek trainingEndurancePower | Tactics and techniquesBody positionMechanics of movementNo ballBowling techniques, Field placements Officiating/umpiring |
| **Numeracy** | Measuring, timing, angles | Pitch measurements and markings, angles.  | Scoring, timing.  | Scoring, timings.  | Angles, measurements, timings.  | Scoring systems, pitch angles.  |
| **Formative Assessment** | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback | Peer & Self-AssessmentTeacher feedback |
| **Summative Assessment** | Fitness test results | Practical assessment linked with the ABCD booklets | Practical assessment linked with the ABCD booklets | Practical assessment linked with the ABCD booklets | Practical assessment linked with the ABCD booklets | Practical assessment linked with the ABCD booklets |
| **SMSC, BV & Cultural Capital** | Links with the Olympics, discussion of Athletic events and various Athletes from around the world who excel.  | Football teams and players from around the world.  | Citizenship – sportsmanship and learning to be tolerant of others.  | Citizenship – sportsmanship and learning to be tolerant of others. | Citizenship – sportsmanship and learning to be tolerant of others. Links with the Olympics, world Championships, Diamond League events.  | Citizenship – sportsmanship and learning to be tolerant of others. |
| **Linking curriculum to careers** | Linking to fitness instructor careers and PT trainers who complete fitness tests as part of their job.  | Links to jobs and careers within the Football industry. Coaching, managers etc.  | Links to jobs and careers within the health, fitness and sports industry.  | Links to jobs and careers within the health, fitness and sports industry. | Links to jobs and careers within the health, fitness and sports industry. | Links to jobs and careers within the health, fitness and sports industry. |