

**KS3 Curriculum overview: Subject PE (Year 8)**

All students at Belmont Park school will cover a variety of sports across each term in order to improve their skills, techniques, game understanding and to be able to evaluate their performances in each sport.

	<b>Objectives/Key skills</b>	<b>Cross Curricular Links</b>	<b>Social skills development/SMSC</b>
A U T U M N  1	<p><b>Football</b> Objectives</p> <ul style="list-style-type: none"> <li>To develop an understanding of when to restart play quickly after a foul has been committed.</li> <li>To be able to perform a short pass using their weaker foot.</li> <li>To be able to control the ball using their strongest and weakest foot.</li> <li>To be able to identify space and drive with the ball using both feet.</li> <li>To be able to intercept passes and gain control of the ball.</li> </ul> <p><b>Skill set</b> To be able to control, pass and shoot a football with both feet. To play as part of a team and to start to understand the skills needed to play different positions. To begin to control the ball using a variety of surfaces (inside, outside &amp; sole). To be able to link skills together in small sided drills, practices and gameplay.</p>	<ul style="list-style-type: none"> <li>The anatomy (Science).</li> <li>Key vocabulary (English).</li> <li>Working as a team (PSHE).</li> <li>Point scoring (Maths).</li> <li>Nutrition (Food).</li> </ul>	<ul style="list-style-type: none"> <li>To be able to work with others and be a part of a team.</li> <li>To be able to play fairly and remain under the laws of the game.</li> <li>To be polite and respectful.</li> <li>Listening and following instructions given by others.</li> </ul>
A U T U M N  2	<p><b>Basketball</b> Objectives</p> <ul style="list-style-type: none"> <li>To be able to understand both scoring and different court/pitch positions.</li> <li>To be able to understand and apply some of the rules/laws of the game to gain an advantage.</li> <li>To be able to perform a variety of passes with both hands.</li> <li>To be able to dribble the ball in a variety of directions using their strongest and weakest hand.</li> <li>To be able to apply the correct technique whilst shooting or performing a lay-up within a game context.</li> </ul> <p><b>Skill set</b> To be able to work as part of a team and know when to press the ball. To be able to control the ball and start to apply a variety of skills in competitive games. To be confident during competitive games to win fouls against the opposite team.</p>	<ul style="list-style-type: none"> <li>The anatomy (Science).</li> <li>Key vocabulary (English).</li> <li>Working as a team (PSHE).</li> <li>Point scoring (Maths).</li> <li>Nutrition (Food).</li> </ul>	<ul style="list-style-type: none"> <li>To be able to work with others and be a part of a team.</li> <li>To be able to play fairly and remain under the laws of the game.</li> <li>To be polite and respectful.</li> <li>Listening and following instructions given by others.</li> </ul>

<p>S P R I N G</p> <p>1</p>	<p><b>Badminton</b> Objectives</p> <ul style="list-style-type: none"> <li>• To be able to apply the rules to a game situation.</li> <li>• To be able to understand the different positions on the court.</li> <li>• To be able to perform a variety of serves with success.</li> <li>• To be able to apply the correct stance during matches to help you cover more areas of the court.</li> <li>• To be able to perform a variety of different types of attacking and defensive shots.</li> </ul> <p><b>Skill set</b> Pupils to be able to hit the ball consistently over the net and to be able to score their game whilst playing within the rules. Pupils to be able to play competitive single and double games and begin to serve correctly. Pupils to be able to hit the shuttlecock to a partner and begin to play a variety of attacking and defensive shots.</p>	<ul style="list-style-type: none"> <li>• The anatomy (Science).</li> <li>• Key vocabulary (English).</li> <li>• Working independently (PSHE).</li> <li>• Point scoring (Maths).</li> <li>• Nutrition (Food).</li> <li>• Angles (Maths).</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to work independently to solve problems.</li> <li>• To be able to work cohesively with a partner.</li> <li>• To be able to play fairly and remain under the laws of the game.</li> <li>• To be polite and respectful.</li> <li>• Listening and following instructions given by others.</li> </ul>
<p>S P R I N G</p> <p>2</p>	<p><b>Table tennis</b> Objectives</p> <ul style="list-style-type: none"> <li>• To be able to use the 'pan handle' grip and return shots back to their opponent.</li> <li>• To be able to show positional awareness during games.</li> <li>• To be able to perform a variety of serves with some success.</li> <li>• To develop their ability to play competitive matches in a doubles format.</li> <li>• To be able to perform a variety of different types of attacking and defensive shots.</li> </ul> <p><b>Skill set</b> To play games of table tennis applying the scoring and rules of the game. To be able to develop their simple table tennis skills. To be able to make contact with the ball and occasionally hit it over the net. To begin to understand how to serve and practise a range of serving techniques. To start to develop their forehand and backhanded shots.</p>	<ul style="list-style-type: none"> <li>• The anatomy (Science).</li> <li>• Key vocabulary (English).</li> <li>• Working independently (PSHE).</li> <li>• Point scoring (Maths).</li> <li>• Nutrition (Food).</li> <li>• Angles (Maths).</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to work independently to solve problems.</li> <li>• To be able to work cohesively with a partner.</li> <li>• To be able to play fairly and remain under the laws of the game.</li> <li>• To be polite and respectful.</li> <li>• Listening and following instructions given by others.</li> </ul>

<p>S U M M E R</p> <p>1</p>	<p><b>Cricket</b> Objectives</p> <ul style="list-style-type: none"> <li>• To be able to understand the different skills needed to play different positions in cricket.</li> <li>• To be able to apply the rules/laws of the game in competitive matches.</li> <li>• To be able to perform a variety of bowls (underarm and overarm) with a walk up and run up.</li> <li>• To be able to perform a long barrier fielding technique.</li> <li>• To be able to start playing a range of attacking and defensive shots.</li> </ul> <p>Skill set</p> <p>To be able to use hand-eye co-ordination to field and bat effectively in games of Kwik cricket. To understand and apply advance rules and laws of the game during matches. To demonstrate good sportsmanship during matches. To know how to position the body when performing a long barrier fielding technique.</p>	<ul style="list-style-type: none"> <li>• The anatomy (Science).</li> <li>• Key vocabulary (English).</li> <li>• Working independently (PSHE).</li> <li>• Point scoring (Maths).</li> <li>• Nutrition (Food).</li> <li>• Angles (Maths).</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to work independently to solve problems.</li> <li>• To be able to work cohesively within a team.</li> <li>• To be able to play fairly and remain under the laws of the game.</li> <li>• To be polite and respectful.</li> <li>• Listening and following instructions given by others.</li> </ul>
<p>S U M M E R</p> <p>2</p>	<p><b>Athletes</b> Objectives</p> <ul style="list-style-type: none"> <li>• To be able to maintain the correct body position at the start of races to help increase your chances of winning.</li> <li>• To be aware of the rules/laws of field events.</li> <li>• To be able to perform the correct technique when throwing a discus, javelin stick and shot put.</li> <li>• To be able to apply the correct running technique in order to help increase the distance you throw.</li> </ul> <p>Skill set</p> <p>To develop the correct running technique when participating in short and long distance running events. To develop skills in javelin, discus and shot put. To be able to use equipment correctly and independently.</p>	<ul style="list-style-type: none"> <li>• The anatomy (Science).</li> <li>• Key vocabulary (English).</li> <li>• Working independently (PSHE).</li> <li>• Point scoring (Maths).</li> <li>• Nutrition (Food).</li> <li>• Distances (Maths).</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to work independently.</li> <li>• To be able to play fairly and remain under the laws of the game.</li> <li>• To be polite and respectful.</li> <li>• Listening and following instructions given by others.</li> </ul>