



Course Outline

Physical Education Year 8

Inspiring excellence, empowering global minds

Overview

The Physical Education syllabus at GEMS Wesgreen International School aims to facilitate students' growth in their skills and confidence, through a set of challenging and competitive activities. Children focus on their physical development as they gain an appreciation of their physical fitness. They will explore strategies, tactics and techniques to solve problems. Children explore and develop their critical thinking and decision-making skills and are encouraged to reflect on the impact and advantages of their actions. The opportunities presented, enable students to grow into well-rounded individuals and good citizens. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for children to become physically confident, whilst supporting their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Learning Outcomes

Children will select and create learning experiences that are appropriate and relevant to them. They will start to show evidence of sequential learning, incorporating modifications for variations in learning styles and performance. Children will demonstrate competent movement skills, analyse the performance of motor skills, particularly in team situations, as well as individual sports and activities. Children will describe and apply physiological and biomechanical concepts related to skilful movement patterns, biomechanics and developmental readiness. Children will demonstrate knowledge of current technology by planning and implementing learning experiences that require different software and applications. They will also use technological applications to facilitate effective assessment and evaluation strategies. Children will maintain a health-enhancing level of fitness throughout, as well as collecting and analysing personal fitness data. They will demonstrate effective communication and utilise strategies to enhance engagement and learning.

In physical education, the national curriculum focusses on,

- Applying core exercise techniques.
- Developing different fitness components and tests.
- Performing advanced skills in a competitive game and performance.
- Use different tactical and compositional ideas with consistent success.
- Apply a range of skills and techniques with control.

- Recognize multiple strengths and weaknesses in their own and others work and identify ways to improve performance.

Ongoing Objectives

The aims of the Physical Education Syllabus are to encourage and enable students,

- To perform intermediate skills and sequences with control and success in games.
- To use tactical ideas with success.
- To give a basic evaluation of their own performance with the use of key terms and words.
- To recognise strengths and weaknesses in others work.
- To identify some ways to improve performance.
- To use tactical compositional ideas in response to an opponent with success.
- To apply a range of skills and techniques with control and fluency with success in a game.
- To use tactical ideas in response to a stimulus with consistent success.
- To use most fitness components & fitness tests.

Unit Overview

Term 1

Unit 1 - Physical Testing

Approximate length: 2 weeks

Children will take part in a number of standardised physical tests. They explore the tests for power, speed, strength and endurance. These are all aspects that help improve their fitness and performance in many of the sports taught on the curriculum and in everyday life. Teachers explain how to do the tests and how children can improve their score. The safe and supportive environment allows a focus on personal reflection and achievement.

Specific National Curriculum Objectives Covered:

To measure the different components of student's,

- Speed.
- Stamina.
- Strength.
- Power.

Unit 2 - Athletics

Approximate length: 4 weeks

Children will explore their fitness capabilities by improving their cardiovascular endurance, muscular strength and power. The skills of throwing, jumping and running, form the focal point of delivery, as well as combined multi events and relays for competition. Mathematical, scientific and geographical skills will be also be combined in calculating results.

Specific National Curriculum Objectives Covered:

- To understand that different events demand a variety of styles and techniques.
- To describe the elements of an effective running style.
- To describe in simple mechanical terms the benefit of the crouch position.
- To understand simple pushing and slinging technique in shot put.

Unit 3 - Basketball

Approximate length: 4 weeks

Children will explore the skills within the sport of Basketball. They develop their dribbling, shooting and passing abilities by breaking down the motor programmes and fundamental components of the different aspects of each skill, such as hand eye coordination. These skills will develop through a series of activities and conditioned games, which encourage progression and improve their knowledge and understanding of the game.

Specific National Curriculum Objectives Covered:

- To evaluate and improve the crossover whilst dribbling.
- To evaluate and improve the give and go passing skill.
- To evaluate and improve the layup shot technique.
- To evaluate and improve the skills of scoring layups in games around opponents

Unit 4 - Volleyball

Approximate length: 4 weeks

Children will explore the skills within the sport of Volleyball. They develop the strength and co-ordination of their hands and arms as well as the major muscle groups in the upper body, to perform digging, setting and spiking shots with improved accuracy and power. The key techniques and drills performed allow skills to be refined through repetitive practice and conditioned games. This enables the techniques to improve in consistency and accuracy as well as progressing over time.

Specific National Curriculum Objectives Covered:

- To evaluate an underarm serve over the net into space.
- To evaluate my partners, dig and set to help perform a two-shot rally.
- To evaluate my partners digging and setting skills when scoring a point.
- To evaluate the use of passing the ball to create better scoring opportunities.

Unit 5 - Football

Approximate length: 4 weeks

Children will explore the skills within the sport of Football. They will participate in activities that develop their lower body co-ordination. As these are completed, children will improve their passing, shooting and dribbling skills. They explore the challenging activities and success criteria, which develop their speed and strength in this popular unit of work. Opportunities to act upon constructive feedback received, from other children and teachers, help to develop their skills further. A series of activities and conditioned games, develop timing, co-ordination and self-awareness, which helps children's progress.

Specific National Curriculum Objectives Covered:

- To evaluate and improve moves and turns to beat opponents whilst dribbling.
- To evaluate and improve the passing skills so that possession can be kept when the attackers outnumber the defenders.
- To evaluate and improve shooting technique from different positions and angles.
- To evaluate and improve the skills of marking players in games, in a defensive formation.

Unit 6 Rugby

Approximate length: 4 weeks

Children will explore the skills within the sport of Rugby. They are given the opportunity to co-ordinate their upper body in line with their lower body, as they improve their catching, throwing, passing and running with the ball. Different aspects of each of the skills are broken down for each child, to present success criteria for them to improve. They assess their progress upon the received constructive feedback, from other children and staff, in order to develop these skills through a series of activities and conditioned games.

Specific National Curriculum Objectives Covered:

- To evaluate and improve running and dodging skills by changing direction at speed.
- To evaluate and improve pop pass and catch, to change the direction of an attack.
- To evaluate and improve finding gaps and holes in the defensive lines to gain ground.
- To evaluate and improve the skills of switching from straight attacking lines to horizontal defending lines, at speed.

Unit 7 - Rounders
weeks

Approximate length: 4

Children will explore the skills within the sport of Rounders. Practicing the skills of catching, throwing, fielding, bowling and batting, develop transferable skills, such as teamwork and communication. As well as these holistic values, more complex skills are linked together with timing and strategy to allow children to enjoy a different type of competition. Across the unit, the practiced activities and conditioned games provide opportunities to develop tactics, leadership and captaincy.

Specific National Curriculum Objectives Covered:

- To evaluate and improve the skill of catching a high ball.
- To evaluate and improve the straight bowling technique.
- To evaluate and improve the batting technique with a Rounders bat.
- To evaluate and improve batting tactics.

Unit 8 - Dodgeball**Approximate length: 4 weeks**

Children will explore the skills within the sport of Dodgeball. They build upon their throwing and catching skills by further developing their moving and dodging skills. Dodgeball also provides students the opportunity to problem solve in a fun, safe environment whilst refining their persistence, honesty and sportsmanship abilities, which are essential across the unit.

Specific National Curriculum Objectives Covered:

- To demonstrate a short distance accurate throw.
- To improve teamwork and pass the ball to hit the opponents.
- To analyse and evaluate the pace of attacking from different positions.

Term 2**Unit 9 - Badminton****Approximate length: 4 weeks**

Children will explore the skills within the sport of Badminton in this unit. They practice a range of different models to develop the skills of serving, clearing and smashing. Different equipment and differentiation helps students to access and refine the complex skills needed to take part in small games. This unit also allows us to explore the use of rules and ethics of sportsmanship and gamesmanship, as well as develop children's scoring and umpiring abilities.

Specific National Curriculum Objectives Covered:

- To evaluate the underarm serving technique.
- To evaluate the drive shot technique with a partner.
- To evaluate the power in a flat shot technique.
- To explore moving an opponent into different parts of the court.

Unit 10 - Cricket**Approximate length: 4 weeks**

Children will explore the skills within the sport of Cricket in this unit. Catching, throwing, fielding, bowling and batting skills complement and expand the development of the learning experience. Concentration and reaction time underpin the key learning processes and form the focal point of the progress. Tactical skills such as organization and motivation ensure that a range of different situations, develop transferable leadership and communication skills.

Specific National Curriculum Objectives Covered:

- To evaluate the accuracy of the line and length whilst bowling.
- To evaluate catching the ball above the wicket in the keeper position.
- To evaluate the forward drive technique.
- To evaluate how many runs to take between the wickets whilst batting.

Term 3**Unit 11 Netball****Approximate length: 4 weeks**

Children will explore the skills within the sport of Netball in this unit. They learn the fundamentals of footwork, shooting and passing, which challenge and develop children physically. This unit also facilitates cognitive development by applying agility, blocking and intercepting skills, in small-sided games. Maximum involvement ensures, whilst providing good opportunities for teacher and peer feedback and reflection, fun and progress are at the forefront of the learning experience.

Specific National Curriculum Objectives Covered:

- To evaluate the performers technique for a give and go.
- To evaluate the technique of receiving the ball in the air and landing on one foot.
- To evaluate shooting technique close to the net from different angles.
- To evaluate the skill of receiving the ball in front of a marker and not standing behind them when shooting.

Unit 12 Hockey**Approximate length: 4 weeks**

Children explore the skills of dribbling, shooting and passing with different surfaces, goals and equipment. Predominantly developing their hand eye coordination the trapping, slapping and hitting abilities, allow children to develop a tactile feel for motor development, which provides them with a unique learning experience to enjoy.

Specific National Curriculum Objectives Covered:

- To evaluate and improve moves and turns to beat opponents whilst dribbling.
- To evaluate and improve the passing skills so that possession can be kept when the attackers outnumber the defenders.
- To evaluate and improve shooting technique from different positions and angles.
- To evaluate and improve the skills of marking players in games, in a defensive formation.

Unit 13 Games for understanding**Approximate length: 4 weeks**

Children will explore different activities that require different movement patterns. This unfamiliar situation allows the development of strategy, tactics and critical thinking. Key skills such as rule

discipline, problem solving and teamwork, help to improve children's leadership, communication and physical literacy skills.

Specific National Curriculum Objectives Covered:

- To apply effective skills in different situations.
- To develop confidence when refereeing and officiating.
- To experiments with different formations and roles.

Assessment

Formative: Students complete a range of different fitness tests across the academic year, receiving feedback on their performance and technique. They are given opportunities to improve their scores against the performance standards, which are set against national and international averages. Throughout each unit, children describe what they did, why they did it and how they can apply it in their real life environment outside of school. Children are required to discuss their progress with their peers and explain each aspect of the skill they are learning. This then enables them to apply and develop their sport specific skills in performances across different topics and sports. The standard of performance produced is assessed against the age related expectations of the National Curriculum and averaged for international standards. Each standard has a set of sharable success criteria and thresholds of learning for their age, within the four strands of assessment. As students complete these success criteria, they become more competent in each strand, which demonstrates progress across the units.

Summative: At the end of each lesson and unit, students are marked at, above or below Curriculum standards. These standards are set in line with the National Curriculum and thresholds of age related expectations. These are averaged for international standards. This allows us to measure the students' progress throughout the lesson, topic, term and year, across the different strands of assessment. Which are proficiency, teamwork, finishing and tactics. Students are also given project work to complete across the term involving their use of technology, to further develop their analytical skills. Children will also complete an end of year test to evaluate their understanding of theoretical physical education.