



Programme of Study – Year 8 Physical Education

	Theme	Overview of key learning to take place	How learning will be assessed
Term 1	Unit 1: Basketball	<p>Key Topic 1: Jump Shot</p> <ul style="list-style-type: none"> a) I can set my feet to balance myself. b) I can jump with two feet generating height. c) I can keep my elbow at 90 degrees. d) I can release the ball at the top of my jump. <p>Key Topic 2: Crossover</p> <ul style="list-style-type: none"> a) I can dribble with my dominate hand. b) I can dribble with my weaker hand. c) I can pass the ball from my dominant hand to my weaker hand. d) I can pass the ball from my weaker hand to my stronger hand. <p>Key Topic 3: Game Play</p> <ul style="list-style-type: none"> a) I can show clear passing skills in a game. b) I can move into space to receive a pass in a game. c) I can dribble past an opponent during a game. d) I can perform a set shot/jump shot with correct technique. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment</p>
	Unit 2: Football	<p>Key Topic 1: Lofted Pass</p> <ul style="list-style-type: none"> a) I can perform a basic flat pass. b) I can kick the ball at the bottom to generate lift. c) I can use the correct part of my foot to generate lift. <p>Key Topic 2: Shooting</p> <ul style="list-style-type: none"> a) I can use the inside of my foot for accuracy. b) I can use the top (laces) of my foot for power. c) I can keep my head over the ball to keep the ball on target. <p>Key Topic 3: Game Play</p> <ul style="list-style-type: none"> a) I can show clear passing skills in a game. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation</p>

		<ul style="list-style-type: none"> b) I can move into space to receive a pass in a game. c) I can dribble past an opponent during a game. d) I can perform a shot with correct technique. 	<p>Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment</p>
Term 2	Unit 3: Badminton	<p>Key Topic 1: Serving</p> <ul style="list-style-type: none"> a) I can serve from the correct service box. b) I can perform a short serve. c) I can perform a long serve. <p>Key Topic 2: Strokes</p> <ul style="list-style-type: none"> d) I can reach the back of the court with my overhead clear. a) I can keep the shuttle close to the net when performing a drop shot. b) I can hit the shuttle at the highest point and downwards. <p>Key Topic 3: Game Play</p> <ul style="list-style-type: none"> a) I can use my serve to win points. b) I can use different shots to move my opponent around the court. c) I can finish a point by selecting the smash shot at the right time. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment</p>
	Unit 1 & 2: Striking and Fielding	<p>Key Topic 1: Throwing & Catching</p> <ul style="list-style-type: none"> a) I can move in line with the flight of the ball and pull the ball towards the chest. b) I can show how to catch using two hands and the fingers to catch the ball. c) I can show how to catch using one hand and the palms. d) I can aim at a target. e) I can show how to hold the ball with a straight arm, the swing the arm from the back to the front how to step forward and release the ball at waist level. <p>Key Topic 2: Fielding skills</p>	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation</p>

		<ul style="list-style-type: none"> a) I can catch and control a moving ball in the air. b) I can throw a ball overarm. c) I can stop a rolling ball and return it back. d) I can roll the ball along the ground at different speeds. e) I can stop, retrieve and accurately throw the ball to the target. <p>Key Topic 3: Bowling Skills</p> <ul style="list-style-type: none"> a) I can hold the ball with four fingers, with the thumb behind it to apply side to the ball. b) I can flick the thumb as the ball is released. c) I can hold four fingers on the outside of the ball and the thumb on the inside, nearest the leg is also effective. d) I can rotate the thumb back and the fingers forward as the ball is released. e) I can demonstrate a smooth and underarm Bowling action. 	<p>Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment</p>
	Unit 3: Rugby	<p>Key Topic 1: Rules of the game</p> <ul style="list-style-type: none"> a) I can understand what a knock on is. b) I can understand that I must pass or run when restarting after a breakdown. c) I can understand that I must tag with two hands for it to count. <p>Key Topic 2: Passing/Receiving</p> <ul style="list-style-type: none"> a) I can understand that a pass must not be made forward, b) I can demonstrate a flat pass from the hip. c) I can demonstrate a faint pass to get past a defender. <p>Key Topic 3: Game play</p> <ul style="list-style-type: none"> a) I can understand that running sideways or backwards does not always help my team. b) I can demonstrate draw a defender before passing the ball. c) I can understand how to tag players to prevent them gaining more ground. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term:</p> <ul style="list-style-type: none"> Self-assessment Peer assessment Group assessment Presentation Multiple choice activity <p>Summative assessment at end of each sport. Three summative assessments, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment</p>

Term 3	Unit 1: Dodgeball	<p>Key Topic 1: Throwing</p> <ul style="list-style-type: none"> a) I can step into the throw to generate power. b) I can aim towards the body or legs of an opponent. c) I can drive my elbow forward to help with accuracy. <p>Key Topic 2: Dodging/catching</p> <ul style="list-style-type: none"> a) I can keep my body low so I can move quicker. b) I can jump and dive to avoid being hit. c) I can understand when is the right time to attempt to catch the ball. <p>Key Topic 3: Game play</p> <ul style="list-style-type: none"> a) I can understand the different tactics in running or not running for the balls at the beginning of a match, b) I can understand different tactics I can use with teammates to increase our chances of hitting an opponent. c) I can understand when is the right time to be offensive or defensive during a match. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment.</p>
	Unit 2: Volleyball	<p>Key Topic 1: Defensive shots</p> <ul style="list-style-type: none"> a) I can demonstrate playing the dig shot to set up a teammate. b) I can demonstrate playing a set shot to set up a teammate. c) I can demonstrate being part of a three shot rally. <p>Key Topic 2: Offensive shots</p> <ul style="list-style-type: none"> a) I can demonstrate an overhead serve. b) I can demonstrate a spike shot over a small net. c) I can demonstrate setting a teammate up for a spike in a competitive drill. <p>Key Topic 3: Game play</p> <ul style="list-style-type: none"> a) I can understand when to play a dig, set or spike during a game. b) I can understand how to play shots into space to win a point. c) I can understand that a team can only hit the ball three times before it must go over the net. 	<p>Formative assessment is taking place after each lesson, feedback will be given to help students to improve and progress in the topic area. Grades will not be given at this time.</p> <p>Examples of Formative Assessment to be used this term: Self-assessment Peer assessment Group assessment Presentation Multiple choice activity</p> <p>Summative assessment at end of each sport. Three summative assessments, each one at the end of unit assessment for each sport. Students will receive a percentage for this assessment.</p>

