

Year 8 Curriculum Overview Physical Education 2023-24

	Rotation 1	Rotation 2	Rotation 3
Unit Title	Core skills	Invasion games, net and wall games and aesthetic performance events.	Striking and fielding and athletics
Approximate Number of Lessons	10	6 lessons on each sport.	6 lessons on each sport
Curriculum Content	Principles of attack and defence. Principles and application of tactics. Teamwork and communication.	<ul style="list-style-type: none"> - Football - Netball - Tag Rugby - Handball - Fitness - Gymnastics - Badminton - Basketball - World Sport - OAA/Problem Solving 	<ul style="list-style-type: none"> - Cricket - Rounders - Athletics - Short Tennis - Leadership
Links to prior learning	Develop and refining skills learnt in year 7.	Develop and refining skills learnt in year 7.	Develop and refining skills learnt in year 7.
Cultural Capital Opportunities	Keep up to date with current events in sport. Watch live sport. Attend a local sporting event. Attend extra-curricular clubs at MCA.	Keep up to date with current events in sport. Watch live sport. Attend a local sporting event. Attend extra-curricular clubs at MCA. Attend: <ul style="list-style-type: none"> - Mildenhall/Brandon/Lakenheath Football Club - Mildenhall Pirates/ Bury Bulldogs Basketball club - Breckland Netball Club - Badminton at The Hub Mildenhall. - The Gym at Mildenhall Hub 	Watch live cricket/rounders/athletics events. Keep up to date with current events in sport. Attend extra-curricular clubs at MCA. Attend: <ul style="list-style-type: none"> - Mildenhall Cricket Club/ Worlington Cricket Club - Attend West Suffolk Athletics Club/ Thetford Athletics Club
Assessment Focus	Teacher assessment of skill development throughout the unit.	Teacher assessment of skill development throughout the units using the Heart, Hands, Hands, TRAITS assessment model.	Teacher assessment of skill development throughout the units using the Heart, Hands, Hands, TRAITS assessment model.
Name of Knowledge Organiser	Year 8 Core Skills knowledge organiser.	Year 8 sport specific knowledge organisers.	Year 8 rounders/cricket/athletics knowledge organisers.

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Year 8 CRICKET



Key Terminology

What words do I need to know and use?

Leg spin, off spin, drive, front foot, back foot, off side, on side, leg side, weight transfer, attack, defend, crease, no ball, wide, over, trajectory

Further Opportunities

Where can I play cricket outside of school?

Mildenhall CC, Worlington CC, Lakenheath CC, Bury St Edmunds CC, MCA after school club

What can I do at home to improve?

Youtube- Sky Sports Cricket Master class
Practice catching or bowling in the back garden

Basic Rules

Two people bat at the same time
One bowler will bowl 6 balls in an over before different player bowls
No ball can be called when the ball bounces more than twice from the bowler
When running between the wickets a batsman must place their bat over the crease
There are 11 players on a cricket team



Important components of fitness

Agility	When deciding to move your feet back or forwards when batting
Balance	When taking a high catch
Muscular endurance	To be able to bowl more than over in a spell
Co-or	When moving your feet to the ball then using your arms to generate bat speed and hit the ball
Aerobic endurance	To get runs by running between the wickets when batting

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1 High Catching Catch the ball in front of your face Fingers pointing upwards Bring the ball into your chest	Lesson 2 Bowling-full action Keep your bowling arm straight Stay tall at the crease Drive the back leg through towards the target
Lesson 3 Spin bowling Fingers across the seam Use your fingers or wrist to put spin on the ball	Lesson 4 Batting – Off drive & On drive Transfer weight to front foot Identify the line of the ball Follow through with bat & hands in front of your face
Lesson 5 Batting-Front foot defensive Front foot towards the ball Bat and front let together Bat face stays pointing downwards on impact (no follow through)	Lesson 6 Batting-Back foot drive/defence Move your back foot backwards towards the stumps Keep your bat straight Your elbow should be your tallest body part
How will I be assessed? Ongoing throughout practical lessons.	

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Year 8 GYMNASTICS



Key Terminology

What words do I need to know and use?

Flight	Vault	Landing
Fluency	Straddle	Pike
Aesthetics	Tuck	Control
Springboard	Trampette	
Weight-bearing	Dismount	



Important components of fitness

Balance	To hold a safe landing position after a vault action
Flexibility	To demonstrate a wide range of motion and complete actions with good technique
Speed	To generate enough momentum to vault a piece of apparatus
Power	To generate enough momentum during the take off stage
Coordination	To perform movements with fluency

Further Opportunities

Bury Spectrum Gymnastics Club, Bury St Edmunds

At home you could complete a regular stretching routine to increase flexibility.

Basic techniques and skills

Balances	Straddle Vault
Through Vault	Straddle Jump
Tuck Jump	Pike Jump
	Squat Vault

Lesson Overview

Lesson 1:	Lesson 2:
What makes a good gymnastics performance? Travel movements, balances, sequences and the importance of good tension will be recapped.	Balances, Jumps and Vaulting Focus on controlled movements and combining jumps and balances into creative sequences.
Lesson 3:	Lesson 4:
Basic Vaulting Actions Health and safety of vaulting will be introduced. Basic shapes off springboards will be performed.	Performing Basic Vaults Basic vaulting techniques will be taught (straddle vault, squat vault and through vault) using a range of apparatus.
Lesson 5:	Lesson 6:
Weight-bearing vaults Vaulting technique will be refined and travel movements incorporated to develop sequences of movements.	Developing Complex Routines Sequences including a range of apparatus, flight and travel movements will be created and performed.

How will I be assessed?

Continual assessment will take place throughout practical lessons. Students will perform a range of different flight actions involving different apparatus as part of their assessment. Peer and self-assessment will be included.

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Year 8 Basketball



Key Terminology

What words do I need to know and use?

Crossover dribble Outlet pass
Jump shot Rebound Set play
Zone man-2-man turnover
Triple threat.

Further Opportunities

Bury Bulldogs, Bury St Edmunds
Mildenhall Pirates, Mildenhall
After school club, MCA

What can I do at home to improve?

Practice shooting against a target on the wall.

Basic Rules

Travel – you can only take 2 steps with the ball.

Back court – once the ball has been passed over the half way line it can't be passed back.

3 seconds – you can only stay in the attack key for 3 seconds before moving out.

24 seconds – once the ball is inbound from the backline you only have 24 seconds to make your first shot at the basket.



Important components of fitness

Agility	Using your steps on the approach to a lay up
Co-ordination	To keep control of your dribble and be able to look up.
Power	To gain height when doing lay ups and rebounding the ball.
Speed	To transition from attack to defence
Aerobic endurance	To be able to sustain play for the duration of the game.

Lesson Overview

What will I be learning and what are the key teaching points?

<p>Lesson 1</p> <p><u>Passing</u> Chest pass – quick passes to players close to you when uncontested. Bounce pass – when you are being marked by taller players. Javelin pass – longer passes.</p>	<p>Lesson 2</p> <p><u>Moving and dribbling</u> Movement into a space. Dribbling into a space. When to dribble, pass and shot. Appropriate ball handling.</p>
<p>Lesson 3</p> <p><u>Jump shot</u> Balance to ensure power goes through the ball. Eyes focused on the hoop Elbow up and towards the hoop. Follow through to give the ball back spin.</p>	<p>Lesson 4</p> <p><u>Shooting and rebounding</u> Jumping to rebound the ball at the highest point. Landing and giving a quick outlet pass. Landing and showing triple threat.</p>
<p>Lesson 5</p> <p><u>Creating and attack</u> Fast outlet passes. Patterns of passing to get around defenders. Positions around the key</p>	<p>Lesson 6</p> <p><u>Defence</u> Zone defence and holding your defensive space. Man-2-man defence.</p>
<p>How will I be assessed? On-going assessment throughout the unit in isolates and competitive game situations.</p>	

MCA Physical Education

Year 8 fitness



Key Terminology

What words do I need to know and use?

Warm up intensity healthy Heart rate
bodyweight calories physical fitness skill
related fitness training zones methods of
training

Further Opportunities

Where can I improve my fitness outside of school?

Abbeycroft leisure centre- Mildenhall hub
Parkruns (Saturday 9am)- Brandon, Thetford

What can I do at home to improve?

Bodyweight circuits
Continuous/fartlek/interval sessions

Basic Concepts

Understand what training zones are

Understand the components of physical and
skill related fitness

Understand different methods of training

Design their own circuit/fartlek/interval
session



Important components of fitness

Muscular endurance	Circuit training (30-50sec), continuous runs
Aerobic endurance	Continuous runs.
Speed	Shuttle runs.
Power	Jump squats, jump lunges, burpees.
Muscular strength	Circuit training (20-30sec)

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Know the components of physical fitness. Pupils will complete circuit and know what C.O.F is developed through each exercise.

Lesson 2

Know the components of skill related fitness. Skill based tasks: alternate ball toss, slalom relays reaction tests, standing long jump etc.

Lesson 3

Understand which performers would use continuous training. Continuous run and introduce training zones (60-85% of MHR).

Lesson 4

Understand which performers would use interval training. Cone retrieval followed by team challenge e.g. climb Mount Snowdon.

Lesson 5

Understand which performers use circuit training. Either teach led/student led circuit (depending on ability).

Lesson 6

Understand which performers use fartlek training. Students will design and complete their own fartlek session.

How will I be assessed?

Ongoing assessment throughout practical lessons.

MCA Physical Education

Year 8 Rugby



Key Terminology

What words do I need to know and use?

Ball handling Pass from the hip overload
backwards passing defensive flat line
attacking diagonal line pencil position
tackle pad ruck controlled aggression

Further Opportunities

Where can I play Rugby outside of school?

Mildenhall red lodge rugby club, Mildenhall

Bury St Edmunds RUFC, Bury.

Afterschool club, MCA.

What can I do at home to improve?

Practice ball handling and passing with a friend/relative.

Work on speed, agility and muscular strength

Basic Rules

Ball carry- in both hands. To score- ball must be placed onto the floor. Passing must be backwards. Students pencil presenting technique. Not allowed round the side of the ruck. Two handed tags only.



Important components of fitness

Agility	Beat an opponent whilst in possession of the ball.
Speed	When attacking the space getting past an opponent.
Co-or	Passing and receiving the ball.
Muscular strength	During rucking over and controlled aggression games.
Power	When rucking over and driving opponent back.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

To be able to time pass successfully. Two hands on ball, timing off the pass is essential to beating the opponent. Backwards passing.

Lesson 2

To understand how to create a ruck. Pencil presentation after going into tackle pad. Tackle bag held with both hands, front knee bent and behind tackle bag.

Lesson 3

To be able to contest a ruck. Wrap hands round tackle bag and drive back. Trap the ball with tackle bag. Defence can move once ball has been taken from presenter.

Lesson 4

To be able to create attacking and defending lines in isolation. Defending line is flat. Attacking line is diagonal.

Lesson 5

To be able to create a counter ruck during gameplay. Tag rugby is used (two handed tags), pencil position, flat lines and attacking lines.

Lesson 6

To be able to use controlled aggression to stop an opponent. Tug of war- hold bib near the middle.

How will I be assessed?

Ongoing assessment through practical lessons.

MCA Physical Education

Year 8 Football



Key Terminology

Dribbling	Lofted pass	Shooting
Man-marking	Turning	Attacking
Defending	Teamwork	Possession
Through ball	Offside	Driven pass
Formations	Control	Placement



Important components of fitness

Agility	Needed when marking to keep as close as you can to the person you are marking
Speed	This is used when running past a defender during an attacking situation
Co-or	Needed when shooting as you must use your arms and legs together to create an accurate shot
Power	This is used when jumping and heading the ball in attacking and defending situations
Muscular Endurance	Needed for your running, kicking, jumping for the duration of the game

Further Opportunities

Local clubs – Lakenheath, Bury, Brandon, Ely, Isleham, Thetford, Mildenhall, MCA lunchtime/after school club

Practice at home – Kick ups, cross bar challenge, dribble through cones

Youtube – F2, keep it on the deck, sky sports football, BBC sport

Basic Rules

Offside – When receiving a pass you must have a defender between you and the goal

Corner – When a defending player kicks the ball past their own dead ball line the other team restarts play from the corner

Restart – After a goal is scored the other team restart the game with a centre kick

Throw ins – When the ball is kicked off the side of the pitch the other team restarts the game with a throw in.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1 Passing Lean back to create a lofted pass Hit the pass so it reaches your target Don't stand still after completing your pass	Lesson 2 Turning Keep the ball as close to you as possible Keep your body between the ball and the defending player Keep a low body position to allow for changing direction	Lesson 3 Control Watch the ball onto your foot Keep your balance when controlling the ball Be prepared to take the pace off of the ball
Lesson 4 Shooting Be aware of the goalkeepers position Aim for the corners of the goal Have the ball in front of you when striking	Lesson 5 Heading Use the top part of your forehead Watch the flight of the ball closely Have your arms out to the side to help maintain good balance	Lesson 6 Gameplay Use of correct positions Demonstrate good leadership and communication skills Show good organisational skills when attacking and defending

How will I be assessed?

Ongoing teacher assessment through practical Physical Education lessons.

MCA Physical Education

Year 8 NETBALL



Key Terminology

Obstruction	Pivot	Sprint
Contact	Space	Stage defence
Marking	Shooting	
Defence	Attack	
Dodge	Double Dodge	

Further Opportunities

Breckland Netball Club – Mildenhall

Jetts Netball Club – Bury St Edmunds

What can I do at home to improve?

Work on dodging skills by playing games such as bulldog with friends.

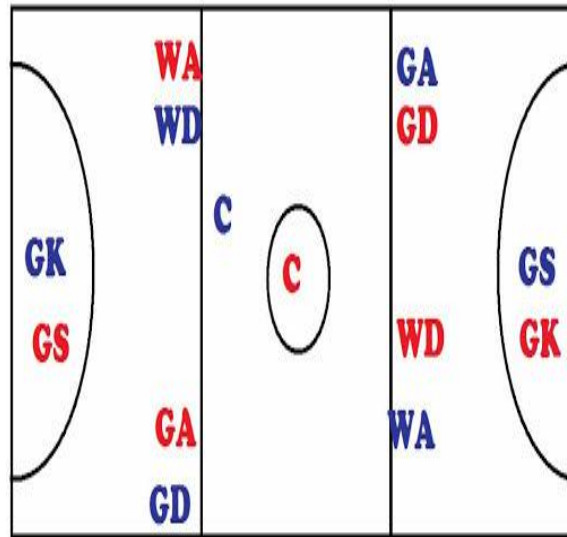
Basic Rules

Replayed ball – when a player has lost control of the ball and picked it up again before it has been touched by another player.

Over a third – The ball cannot be thrown clearly over a whole third without being touched in the middle.

Offside – A player entering an area of the court where they are not allowed to go.

Out of court – when the ball goes out of play and throw in is taken by the opposing team.



Important components of fitness

Agility	Be able to change direction quickly to move into a space or away from a player.
Power	To be able to pass the ball so it does not get intercepted.
Aerobic Endurance	To be able to sustain play for the duration of the game.
Speed	To be able to beat your opponent to the ball.
Flexibility	To be able to stretch out arms and legs wide to making marking the ball easier.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Why are accurate passing and movement into space important in Netball?

- Body and head position
- Arm and leg position
- Angle of release
- Power of pass
- Forward thinking of next pass

Lesson 2

What is the correct technique for footwork and why is it important?

- Landing on two feet, choice of pivot foot.
- Landing on one foot then other, ensuring pivot foot is correctly selected.
- Turn in the air, land in direction the ball is intending to be passed.

Lesson 3

How can a shooter make space/get free in the circle?

- Jump to receive the ball and for rebounds.
- Split landing to gain space.
- Shoot from one foot

Lesson 4

How can you get free from a defender and into a space?

- Sharp change of direction.
- Change of pace/speed.
- On toes

Lesson 5

What makes a defender successful in Netball?

- Interceptions – ready on toes.
- Marking the ball – stand tall like a tree, arms wide, follow the ball.

Lesson 6

How can a Netball team work effectively together?

- 7 different positions.
- GS, GA, WA, C, WD, GD, GK
- Comparison of positions and roles.

How will I be assessed?

Ongoing in practical lessons throughout the year.

MCA Physical Education

Year 8 ROUNDERS



Key Terminology

Fielder	Placement	Spin bowl
Communication	Golden Triangle	Support play
Overarm Throw	Decision making	
Diamond	Fast bowl	
Slow bowl	Donkey Drop	

Further Opportunities

Afterschool Clubs

Ipswich Ravens Rounders Club

What can I do at home to improve?

Play rounders games with friends or family.

Work on batting technique.

Basic Rules

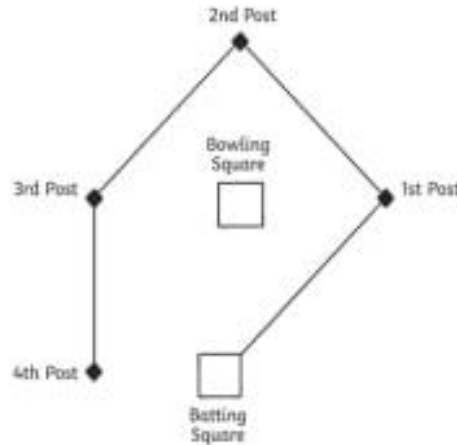
Backwards hit - When the ball is hit by the batter behind the batting line. The batter must wait at first until the ball has crossed the batting line.

Obstruction – When a fielder obstructs the batter from being able to make contact with the post or in their running path. ½ a rounder is awarded to the batting team.

Contact with the post – a batter must stay in contact with the post at all times when at the post, otherwise they are called out.

Overtaking another player – when a batter overtakes another batter on the track that player is then out.

Dropping the bat – a batter must keep hold of their bat otherwise they are classed as out.



Important components of fitness

Agility	To change direction to be able to run around the posts.
Speed	To beat an opponent/ball to a post to be 'in'.
Co-ordination	To be able to hit the ball with a bat and throw and catch effectively.
Muscular Strength	A maximum force muscles can produce to help throw further.
Power	Strength and speed working together to be able to throw or bat further.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Why is it important to be a forward thinker in a game of rounders?

- Execution of the ball when throwing.
- Anticipation of the next ball and where the batter is going to run.
- Where the best place to throw the ball is too.

Lesson 2

What advantage does it give to place the ball when batting?

- Body position when batting.
- Looking for areas of space in the field.
- Movement and placement of ball when batting.

Lesson 3

Why is the good communication between bowler, backstop and first base important?

- Quick decision making from the backstop to first post.
- Accurate throws from backstop to first post.

Lesson 4

Why is it good to vary your bowling technique?

- Fast/slow bowl
- Donkey drop
- Spin bowl
- Variation for batter.

Lesson 5

Why is it important to back up other fielders in a game of rounders?

- Support play
- Deep fielding techniques
- Decision making.

Lesson 6

What are the most effective fielding tactics?

- Placement of an effective fielding setup.
- Knowledge of placement of fielders for effective fielding.

How will I be assessed?

Ongoing in practical lessons throughout the year.

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Year 8 Badminton



Key Terminology

What words do I need to know and use?

Backhand Flick Serve Drop Shot T Position

Underarm Swing Serve Forehand Lift

Overhead Clear Net Play Doubles Formations Positioning Chasse Step

Further Opportunities

Where can I play badminton outside of school?

Abbeygate Badminton Club – Bury St Edmunds,
You can hire badminton courts at your local sports centre, After-school/lunchtime clubs.

What can I do at home to improve?

Playing at home/in the local area against a friend or family member.

Basic Rules

Service

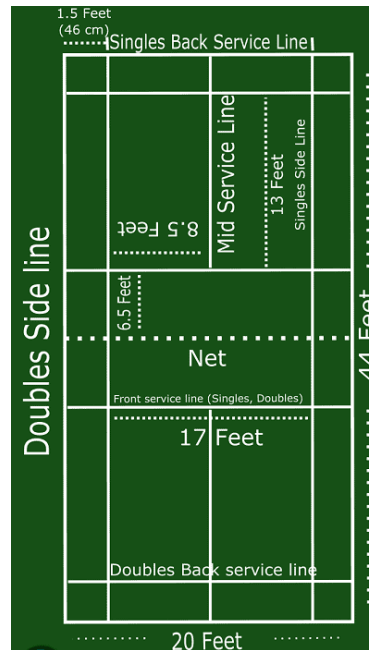
Feet must be touching the floor and behind the service line.

Serve must be diagonal to your opponent.

Service side – If the score is odd, serve from the left. If the score is even, serve from the right.

Play

You cannot touch the net with your racket or body during play.



Important components of fitness

Agility	To move around the court quickly, to return the shuttlecock with different shots.
Balance	To maintain your body position during net play.
Speed	To be able to move across the court quickly to reach the shuttlecock.
Power	To be able to hit the shuttlecock further and out of reach of your opponent.
Muscular Strength	To be able to generate more power when hitting overhead clears and high serve.

Lesson Overview

What will I be learning and what are the key teaching points?

Lesson 1

Serving

How can I gain an advantage during my serve?

- Develop the use of power in your serve.
- High serve – Similar to the underarm swing. Swing through quicker and with more power.

Lesson 2

Overhead Clear

How can I perform an overhead clear to give me more of an advantage?

- Direction of overhead clears – adjusting the racket head position to achieve this.
- Moving back to the T position after hitting.

Lesson 3

Net Shot

How can I make a net shot harder to return?

- Add forehand/backhand spin to the shuttlecock.
- Placement of your net shot, away from your opponent.

Lesson 4

Forehand Lift

How can I recover from a net shot?

- Lunge towards the net
- Flick your wrist and follow through with your racket – less shoulder swing.
- Recover back to the T position.

Lesson 5

Drop Shot

How can I outwit my opponent from the middle of the court?

- Placement of the shuttlecock
- Body placement like that of an overhead clear for disguise.
- Hit with less power and down onto the shuttle at its highest point.

Lesson 6

Doubles Play

How can we cover the court better when playing badminton doubles?

- Doubles positioning – side to side (playing next to each other) or front to back (one in front of the other).

How will I be assessed?

Ongoing in practical lessons throughout the year.