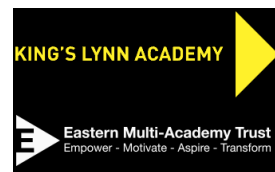


Implementation: Curriculum Narrative



Subject: Physical Education

Year: 8

Author: L. Tea

Key Knowledge

Pupils will know

Key Threshold Concepts:

- **Movement in Society** - Ethics in sport – sportsmanship, gamesmanship and deviance.
- **Understanding the body** - Cranium, humerus, clavicle, sternum, radius, ulna, carpals, metacarpals, phalanges, vertebral column, ribs, pelvis, femur, fibula, tibia, tarsals, metatarsals, phalanges.
- **Health and Well-being/ Personal Challenge** - Definition of component of fitness Balance, Reaction Time, Agility, Speed, Power, Co-ordination. How each component aids performance in sport? Definitions – linked to sporting activity.
- **Health and Well-being/ Personal Challenge** - Fitness test procedures.
- **Personal Challenge** – Continuous, interval, fartlek, circuit, weights, speed training and Plyometrics. Training thresholds Calculating thresholds of training. Recording results and evaluating and monitoring performance.
- **Understanding the body** - Immediate impacts on the muscular system
-lactic acid
-soreness
Long term impacts on the muscular system.
-hypertrophy
-capillaries

Key Skills

Pupils will be able to

Subject Skills:

- Pupils will build on and embed the physical development and skills learned in year 7. Students will become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They will begin to understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop their confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.
- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
 - develop their technique and improve their performance in other competitive sports
 - perform dances using advanced dance techniques in a range of dance styles and forms
 - analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
 - take part in competitive sports and activities outside school through community links or sports clubs

Subject specific knowledge and sequencing

Term 1: Right or Wrong? (Basketball/Netball/ football & rugby)

Topic: Ethics in sport

Key Concepts: Movement in Society

Key Knowledge: Ethics in sport – sportsmanship, gamesmanship and deviance.

Term 2: I have got a bone to pick with you. (Football, Rugby, Hockey, Basketball, Handball & Netball)

Topic: Location of the bones in the body.

Key Concepts: Understanding the body

Key Knowledge: Major bones in the body: Cranium, humerus, clavicle, sternum, radius, ulna, carpals, metacarpals, phalanges, vertebral column, ribs, pelvis, femur, fibula, tibia, tarsals, metatarsals, phalanges.

Term 3: Battle of the components – Part 2 (Badminton/ Trampolining/ Fitness/ Dodgeball & Hockey)

Topic: Components of fitness

Key Concepts: Health and Well-being/ Personal Challenge

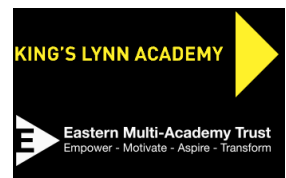
Key Knowledge:

Definition of component of fitness. (Balance/ Reaction Time/ Agility/ Speed/ Power/ Co-ordination)

How each component aids performance in sport?

Prerequisites and Spiral Teaching:

- Students build on their prior learning of skills and activities in year 7.
- Knowledge of the importance of a warm-up and cool down.
- Knowledge of the major muscles in the body.
- Olympic values.
- Health related components of fitness and testing,



Term 4: Pushing your body to the max (Dance/ Fitness/ Dodgeball/ Badminton & Trampolining)

Topic: Fitness testing.

Key Concepts: Health and Well-being/ Personal Challenge

Key Knowledge:

Fitness test procedure. Components: (Balance/ Reaction Time/ Agility/ Speed/ Power & Co-ordination)

How each component aids performance in sport?

Term 5: No pain, no gain (Athletics/ rounders/ cricket & Softball)

Topic: Methods of training and target zones

Key Concepts: Personal Challenge

Key Knowledge:

Continuous, interval, fartlek, circuit, weights, speed training and Plyometrics.

Training thresholds

Calculating thresholds of training

Recorded results and evaluating and monitoring performance.

Term 6: Changes to our body (Tennis, cricket, softball & Rounders)

Topic: Effects of exercise on the body

Key Concepts: Understanding the body

Key Knowledge:

Immediate impacts on the muscular system

- lactic acid
- soreness

Long term impacts on the muscular system.

- Hypertrophy
- capillaries

Cross-Curricular Knowledge Links:

- **Citizenship** – Communication skills/ Teamwork/ promoting positive relationships
- **Science**– Effects of exercise on the body systems/ Muscles.
- **History** – Movement of ethics in sport.
- **English** – Speaking and listening skills.
- **Maths** – Numeracy relating to numbers, plotting graphs and assessing and analysing data.
- **ICT** - Where possible the use of Dart fish and other video analysis will be introduced to enhance performance.

Reading Lists / Sources / Reading around the subject recommendations:

- www.bbc sport.co.uk
- www.skysports.co.uk
- www.ocr.co.uk

Reading rule books and sports reports in newspapers and magazines.

Sports journals