

Year 8 PE Curriculum Map 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Overview	Introduction to Year 8 PE:	Sport education	Fitness Components	Fitness Components	Sport education	Track and field cup
Focus	<p>Students will recap how to lead all the aspects covered in Year 7 through two sports.</p> <p>Warm-up Skill drills A&P</p> <p>This will be a focus in all lessons throughout the year and in to Year 9.</p>	<p>Students will complete a unit of Sport education in one sport.</p> <p>Students will be grouped by the teacher and each student will have a specific role e.g kit manager, Team manager.</p> <p>Students will complete specific tasks set by the teacher.</p>	<p>All of the previous skills will continue with leading aspects of lessons.</p> <p>Each group will complete a fitness unit. Within this unit they will learn about all the component of fitness e.g. muscular strength. All the methods of training e.g. weight training and fitness tests for each of the components.</p>	<p>All of the previous skills will continue with leading aspects of lessons.</p> <p>Each group will complete a fitness unit. Within this unit they will learn about all the component of fitness e.g. muscular strength. All the methods of training e.g. weight training and fitness tests for each of the components.</p>	<p>Students will complete a unit of Sport education in one summer sport.</p> <p>Students will be grouped by the teacher and each student will have a specific role eg kit manager, Team manager.</p> <p>Tasks will be set for summer sports such as striking and fielding sports.</p>	<p>Students will compete in all the athletic events and will receive a score for their time or distance. This will be collated in to an overall total.</p> <p>Students will be grouped into 4-6 people where they will compete in one track and one field event of their choice. They will receive a team points total for each event accumulating with each competitor.</p>
Assessment	<p>Students will be assessed on their ability to perform in small skill drills before playing in small sided games.</p> <p>The teacher will verbally test their knowledge of all the aspect learned in year 7 through questioning.</p>	<p>The teacher awards point each session to each team based on how well each group completes the daily task as a team.</p> <p>Scores are added up and displayed each lesson to encourage competition.</p>	<p>Students will complete all the fitness tests and record the data.</p> <p>The teacher will observe how well all the methods are completed and grade each student.</p>	<p>Students will complete all the fitness tests and record the data.</p> <p>The teacher will observe how well all the methods are completed and grade each student.</p>	<p>The teacher awards point each session to each team based on how well each group completes the daily task as a team.</p> <p>Scores are added up and displayed each lesson to encourage competition. Prizes will be awarded at the end of the unit with scores from the previous unit added together.</p>	<p>Individual totals will be judged against the Essex schools cup points system.</p>

