

St Cuthbert Mayne School Curriculum Map



Department: Physical Education

Year 8

Mission Statement The ultimate vision for the PE department is to develop a curriculum that inspires all pupils to succeed and excel in a wide range of sports and other physical activities. Our curriculum provides opportunities for students to experience competitive and non-competitive situations through a programme that fosters a lifelong interest in sports and physical activity. Opportunities are given both in curriculum time and through extra curricular activities to develop health and fitness and support the school's core values within the confines and ethos of a caring Christian community. Aims & Purpose Physical Education contributes to the overall education of young people, by facilitating learning that leads to enjoyment and achievement. Participating in a broad and balanced Physical Education programme provides the opportunity for all students to succeed and for them to lead full and valuable lives through engaging in purposeful physical activity. A high-quality physical education curriculum inspires all pupils to enjoy, succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. At St Cuthbert Mayne School our curriculum for Physical Education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Key Stage 3

All pupils have four 55 minute lessons per fortnight of PE throughout Key Stage 3. Student progress is monitored regularly through half termly data checks and department meetings. Students are organised into single sex groups and are taught by a qualified teacher. The curriculum is

taught in six half term blocks throughout the academic year covering two different activities each half term. This allows students the opportunity to develop skills, knowledge and understanding across 12 different modules. Pupils will learn to develop their skills and techniques to develop their competence and creativity to perform at higher levels in a wide variety of activities. These activities include netball, football, rugby, hockey, basketball, badminton, rounders, cricket, dance, gymnastics, trampolining, athletics, health related fitness. All pupils are encouraged to be active and value the importance of exercise and participation. This can take the form of performer, coach or official in all activities. All members of the PE Department are fully committed to high quality teaching and learning to ensure pupils make progress in their learning at St. Cuthbert Mayne School.

Autumn Term 1

Year 8 Autumn Term 1				
	BOYS PE		GIRLS PE	
Topic/Unit	Rugby	Table Tennis	Hockey	Basketball
Knowledge (Content covered)	Recap passing and refine handling skills, developing passing/4v2, developing tackling technique, kicking, tactical play/outwitting opponents , competitive games	Grip and back hand push,forehand topspin, backhand topspin, serve, doubles and single game play, outwitting opponents and competitive game	Ball Control, indian dribble, Passing, Receiving, Shooting & Game Play	Ball familiarisation, further principles of attack and defence (building on Year 7). In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.
Skills	Development of knowledge of techniques & rules, teamwork, communication	Knowledge of techniques & rules, teamwork, communication	Development of knowledge of techniques & rules, teamwork, communication	Development of knowledge of techniques & rules, teamwork, communication
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy

Gatsby 4 (Linking curriculum learning to careers)	Torquay RFC & Paignton RFC Coaching/Officiating	Coaching/ Officiating	Torbay Hockey Club Coaching/ Officiating	Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Lv1. STCM Basketball
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Autumn Term 2

Year 8 Autumn Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Hockey	Basketball	Netball	Gymnastics
Knowledge (Content covered)	Ball Control, indian dribble, Passing, Receiving, Shooting & Game Play	Ball familiarisation, further principles of attack and defence (building on Year 7). In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	Recap passing skills and fundamental rules, timing of pass and support play, marking and defending, attacking play, outwitting opponents in gameplay	Introducing theme of sports acrobatics, developing stacking balances in pairs and linking balances with movement, group balances, sequence development, performance and evaluation
Skills	Development of knowledge of techniques & rules, teamwork, communication	Development of knowledge of techniques & rules, teamwork, communication	Further development of techniques and tactical awareness rules, team cohesion.	Development of knowledge of safety aspects, routine construction, working as a team, listening skills, ability to act as a coach and provide feedback to others to help improve performance.
Assessment	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy

Gatsby 4 (Linking curriculum learning to careers)	Torbay Hockey Club Coaching/ Officiating	Torbay Tigers Basketball, Newton Abbot Pacers basketball. England Basketball Lv1. STCM Basketball	Teignbridge Titans Netball club, Dart Netball Club, Officiating at STCM Netball club	Torbay Olympic Gymnastics Club, South Devon Gymnastics Club, Bay Bouncers, leadership opportunities in lessons
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Spring Term 1

Year 8 Spring Term 1				
	BOYS PE		GIRLS PE	
Topic/Unit	Football	Gymnastics	Trampolining	Badminton
Knowledge (Content covered)	Passing, Dribbling, Turning, Further principles of attack and defence (building on Year 7) & Game Play	Introducing theme of sports acrobatics, developing stacking balances in pairs and linking balances with movement, group balances, sequence development, performance and evaluation	Trampoline safety. Basic jumps/aerial shapes/turns Seat landing & combination development Front & Back Landings & combination development Routine	Grip, ready position, serving, forehand /backhand drive, clear, drop shot & game play
Skills	In all games activities, pupils think about how to apply rules, skills, strategies and tactics to outwit the opposition.	Development of knowledge of safety aspects, routine construction, working as a team, listening skills, ability to act as a coach and provide feedback to	Development of basic techniques, importance of creativity, control, fluency and aesthetics	Knowledge and understanding of techniques and tactics, rules and regulations, communication skills

		others to help improve performance.		
Assessment	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Baseline Assessment Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Local Football Clubs STCM Afterschool Football Club Leadership, Coaching, Officiating	Torbay Olympic Gymnastics Club, South Devon Gymnastics Club, Bay Bouncers, leadership opportunities in lessons	Local Trampoline/Gymnastics Clubs Leadership, Coaching/Officiating	Local Badminton Clubs. Leadership opportunities in lessons and clubs.

Spring Term 2

Year 8 Spring Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Trampoline	Badminton	Football	Fitness
Knowledge (Content covered)	Trampoline safety. Basic jumps/aerial shapes/turns Seat landing & combination development Front & Back Landings & combination development Routine.	Forehand & backhand drive, underarm & overhead clear, smash, underarm & overarm drop shot, double & singles game play and outwitting opponents.	Passing, Dribbling, Turning, Further principles of attack and defence (building on Year 7) & Game Play	To experience a variety of different fitness training methods: Circuit training, boxercise, yoga, gym session using fitness machines, just dance.
Skills	Development of basic techniques, importance of creativity, control, fluency and aesthetics	Development of core badminton skills, and the ability to outwit opponents by using the	Further development of techniques and tactical awareness, rules, team cohesion	Develop knowledge of lots of different types of training to improve health and fitness

		correct shots during a competitive situation.		
Assessment	Baseline Assessment Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Local Trampoline/Gymnastics Clubs Leadership, Coaching/Officiating	Leadership, Coaching and officiating Opportunities	Local Football Clubs STCM Afterschool Football Club Leadership, Coaching, Officiating	Local gyms & athletics clubs eg Torbay. Leadership opportunities in lessons.

Summer Term 1

Year 8 Summer Term 1				
	BOYS PE		GIRLS PE	
Topic/Unit	Cricket	Athletics	Rounders	Athletics
Knowledge (Content covered)	Focus on application of batting, bowling and fielding skills within competitive games.	Development of knowledge in Short and Middle Distance running, Jumping and Throwing	Development of techniques for batting, bowling and fielding. Positional Roles and Game play.	Development of knowledge in Short and Middle Distance running, Jumping and Throwing
Skills	Pupils will learn to use basic principles of play when selecting and applying tactics to produce a successful outcome. Pupils will further develop the skills necessary to outwit opponents. Batting, bowling and fielding will be developed through games	Development of skills and techniques in running styles, pacing, throwing and jumping in athletics.	Implement and refine basic techniques for batting, bowling and fielding. Increase knowledge and understanding of rules, regulations and game strategies with the intention of outwitting opponents	Development of skills and techniques in running styles, pacing, throwing and jumping in athletics

	and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.			
Assessment	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	Extra curricular cricket club Extra curricular cricket matches Links with local cricket clubs so students are encouraged to attend and join	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.	STCM Afterschool Rounders Club, local Rounders Leagues, Leadership opportunities in lessons and clubs.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.

Summer Term 2

Year 8 Summer Term 2				
	BOYS PE		GIRLS PE	
Topic/Unit	Rounders	Athletics	Cricket	Athletics
Knowledge (Content covered)	Development of techniques for batting, bowling and fielding. Positional Roles and Game play.	Development of knowledge in Short and Middle Distance running, Jumping and Throwing.	Focus on application of batting, bowling and fielding skills within competitive games.	Development of knowledge in Short and Middle Distance running, Jumping and Throwing.
Skills	Implement and refine basic techniques for batting, bowling and fielding. Increase knowledge and understanding of rules, regulations and game	Development of skills and techniques in running styles, pacing, throwing and jumping in athletics.	Pupils will learn to use basic principles of play when selecting and applying tactics to produce a successful outcome. Pupils will further develop the skills necessary to outwit opponents. Batting,	Development of skills and techniques in running styles, pacing, throwing and jumping in athletics.

	strategies with the intention of outwitting opponents		bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.	
Assessment	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy.	Baseline Assessment, Regular Self, Peer & Teacher Assessment End of Unit Assessment in line with school policy
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4	STCM Afterschool Rounders Club, local Rounders Leagues, Leadership opportunities in lessons and clubs.	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.	Extra curricular cricket club Extra curricular cricket matches Links with local cricket clubs so students are encouraged to attend and join	Local Athletics Clubs, STCM Athletics Club , Leadership opportunities in lessons and clubs.