

Curriculum Overview – Autumn Term 2022-2023

Subject: Physical Education
Year group: Year 8

Unit number	Unit name	Key learning aspects (knowledge, understanding, skills)	Key assessment opportunities
1	Athletic Performance	<ul style="list-style-type: none"> • Baseline Testing of Key Aspects of Physical Fitness (Power, Speed and Cardio-vascular Endurance) • Understanding of training methods that develop specific aspects of Physical Fitness • Introduction to key basic principles of training; Frequency, Intensity and Duration. 	<p>Students are able to share and demonstrate knowledge of training principles for various Aspects Of Fitness, How Often, How Hard and How Long Training sessions should be dependent on the method of training.</p>
2	Invasion Games Netball/Basketball/Benchball/Football	<ul style="list-style-type: none"> • Execution of ball handling skills in isolated contexts, introduction of skill execution under pressure – opposed pressure. • Apply control of ball handling within a small sided competitive context – active opposition • Replication of effective passing techniques with accuracy in isolated contexts – with environmental pressure • Select and apply ball and passing skills in a small sided competitive context – active opposition • Demonstrate consistency of ball control, accuracy with passing in a larger formal games context. • Show basic understanding and awareness of attacking principle of width • Show basic understanding of the defensive principle of pressure 	<ul style="list-style-type: none"> • Applying Skills • Applying Skills in context • Cooperative working • Demonstrating effective spatial awareness • Team communication and collaboration

