



Blue Coat Church of England Academy

Year: 8

Subject: Physical Education

Gymnastics

This unit of work introduces both boys and girls to the concepts of flight and vaulting. The act of vaulting should be broken down into three steps, the run up, mount and dismount, or in the case of 'through vaults' (where a performer does not stop on the equipment but instead moves straight over it) the run up, flight and landing. Pupils will have the opportunity to work on both low level apparatus to practice their vaulting skills, before progressing safely on to higher equipment such as the pommel horse and the box. Pupils will explore a wide range of vaults and dismounts, gaining confidence in the more challenging area of 'through vaults' and should evaluate their own vaults to improve performance.

Net/Wall Games

In net/wall games, both boys and girls will focus on replicating and developing key badminton, volleyball or tennis techniques and expand their repertoire of shots. For example by learning how to perform an overhead clear in badminton to help them win points against their opponent. Pupils will explore a range of strategies to both attack and defend on the court, evaluating the success of their choice of strategies to improve their own performance. Pupils will be expected to recap their knowledge on how to set up a court, and show initiative, teamwork and leadership skills to set up their equipment at the start of a game. They will also have the opportunity to use their developing

knowledge of the rules and conventions of net/wall games to lead and officiate a game between their peers.

Football

Boys will take part in a 6 week unit of football, in which they will focus on developing team attacking and defending strategies and techniques. Pupils will build upon the skills they learned in year 7 before attempting more difficult passing, tackling and ball control techniques so they may smartly outwit their opponents and score points. Pupils will be taught the key football skills during drills and shorter activities, before applying their knowledge in a game situation, where they will be assessed on their ability to select and apply appropriate skills and tactics to outwit their opponents.

Netball

Girls will study a 6 week unit of netball during year 8. They will continue to develop the basic netball skills that they have covered previously – using different types of pass to keep possession of the ball and score points against their opponent. Pupils will be taught to play netball in a more strategic manner, for example by choosing their space on the court more carefully. Pupils will gain understanding of the netball positions (i.e. Goal Shooter, Centre, and Wing Defence etc) and how they can use them to their teams' advantage; support other players and so on. Pupils will learn to develop mental ability and leadership quality through their player choices, positional awareness and team communication.

Cricket

During the summer term, boys will study a 6 week unit of cricket, in which they will improve their individual technique in batting, bowling and fielding. Pupils will work in teams with the intention of scoring runs against their opponents, by exploring good batting technique to deceive or avoid the fielders. When fielding, pupils will have the

opportunity to observe and practice good fielding technique, for example by understanding how to stop and pass a ball with an emphasis on speed and accuracy. Pupils will explore the rules and conventions of the game, and use their knowledge to accurately umpire games for their peers.

Rounders

In this 6 week unit for girls, there is a focus on refining the techniques needed for batting, bowling and fielding. Pupils will look in more detail at the ways in which they can outwit their opponents, for example by striking the ball in such a way that fielders are deceived or avoided. They will then develop greater decision making skills such as when to run to the next post or when to stop, to avoid being stumped out. Pupils will deepen their understanding of the rules of rounders, and will have the chance to demonstrate this knowledge by umpiring and scoring games.

Athletics

In this unit, both boys and girls will use their existing knowledge of athletics events, strategies and techniques to enhance their performance in the events of running, jumping and throwing. Pupils will explore the concept of health and fitness before identify the relationship between a person's fitness and their performance in athletic events. In athletic activities, pupils will have opportunities to measure their own performance in terms of the times they achieve when running, the distance they achieve when throwing and the height they achieve when jumping. They will be expected to monitor their performance and progression across the half term, and always strive to beat their personal best.

Information

More information about the PE curriculum can be found here. This is the National Curriculum for PE.

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study#key-stage-3>.

You can help your child at home by helping them to research and read around the topics that they will cover each half term, and where possible, encourage them to attend or watch professional sports. We have a variety of clubs available in school and you can help to improve your child's confidence and ability in PE by encouraging them to participate in these.

You can help your child develop their awareness of a healthy lifestyle by involving them in the selection and preparation of healthy family meals and promoting active play and recreation.

Finally, your child will be expected to bring PE kit to every lesson and you may assist your child by checking their timetable with them and identifying the days when they will need their PE kit, before making sure that they own appropriate Blue Coat Academy PE kit.