

Co-op Academy North Manchester - Year 8 PE Curriculum

Y8	HT1	HT2	HT3	HT4	HT5	HT6
Topic(s)	Football/Netball Tennis /Softball	Rugby/Basketball	Orienteering/Fitness/Dance	Gymnastics/Table Tennis	Cricket/badminton	Athletics/rounders
Substantive Knowledge (Know That...)	<ul style="list-style-type: none"> ● Apply physical literacy and sports specific skills ● Being able to warm up and cool down effectively. ● Apply the rules of the game/activity correctly ● Passing and moving ● Striking and fielding ● Hand-eye coordination ● Tactics 	<ul style="list-style-type: none"> ● Apply physical literacy and sports specific skills ● Being able to warm up and cool down effectively. ● Apply the rules of the game/activity correctly ● Passing and moving ● Hand-eye coordination ● Sport specific Tactics 	<ul style="list-style-type: none"> ● Apply physical literacy and sports specific skills ● Being able to warm up and cool down effectively. ● Health Benefits of leading an active lifestyle ● How to exercise safely ● Hand-eye coordination ● Team building and ● Navigation skills ● Linking actions to create a routine 	<ul style="list-style-type: none"> ● Apply physical literacy and sports specific skills ● Being able to warm up and cool down effectively. ● Apply the rules of the game/activity ● Hand-eye coordination ● Sequencing routines ● Fluency and control 	<ul style="list-style-type: none"> ● Apply physical literacy and sports specific skills ● Being able to warm up and cool down effectively. ● Apply the rules of the game/activity correctly ● Hand-eye coordination ● Sport specific tactics 	<ul style="list-style-type: none"> ● Apply physical literacy and sports specific skills ● Being able to warm up and cool down effectively. ● Apply the rules of the game/activity correctly ● Reaction time ● Hand-eye coordination
Disciplinary Knowledge (Know How...)	<ul style="list-style-type: none"> ● Skill development ● Select and apply the correct skills to outwit an opponent. ● Performing the basic skills in isolation with success and applying these to modified games. ● Application and understanding of the rules. 	<ul style="list-style-type: none"> ● Skill development ● Select and apply the correct skills to outwit an opponent. ● Performing the basic skills in isolation with success and applying these to modified games. ● Application and understanding of the rules. 	<ul style="list-style-type: none"> ● Team building and further development of leadership.. ● Performing the basic skills in isolation with success and applying these to different routines/circuits. ● Learn and apply different methods on training. ● Creating and performing routines. ● 	<ul style="list-style-type: none"> ● Skill development ● Select and apply the correct skills to outwit an opponent. ● Performing the basic skills in isolation with success and applying these to modified games. ● Creating and performing routines. ● Application and understanding of the rules. 	<ul style="list-style-type: none"> ● Skill development ● Select and apply the correct skills to outwit an opponent. ● Performing the basic skills in isolation with success and applying these to modified games. ● Application and understanding of the rules. 	<ul style="list-style-type: none"> ● Skill development ● Select and apply the correct skills to outwit an opponent. ● Performing the basic skills in isolation with success and applying these to modified games. ● Application and understanding of the rules. <p>Applying the use of correct technique when running, jumping and throwing.</p>
Assessment	Will link to the skills learned throughout the unit.	Will link to the skills learned throughout the	Will link to the skills learned throughout the	Will link to the skills learned throughout the	Will link to the skills learned throughout the	Will link to the skills learned throughout the

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	Performing them within isolation or within a modified game.	unit. Performing them within isolation or within a modified game.	unit. Performing them within isolation or within a modified game.	unit. Performing them within isolation or within a modified game.	unit. Performing them within isolation or within a modified game.	unit. Performing them within isolation or within a modified game.
Homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework	Sport specific homework
Wider reading	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies	News articles relating to sport and exercise. Rule books Biographies
How to help at home	<p>Join an extra curricular club or external sports specific club that will coach and develop your child in their chosen sport.</p> <p>Encourage your child to watch various sporting events.</p> <p>Practice physical literacy skills (Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity).</p> <p>Go swimming or cycling with your child</p>					