



The Priory school - Physical Education

Year 8 boys – Curriculum map 2019-2020



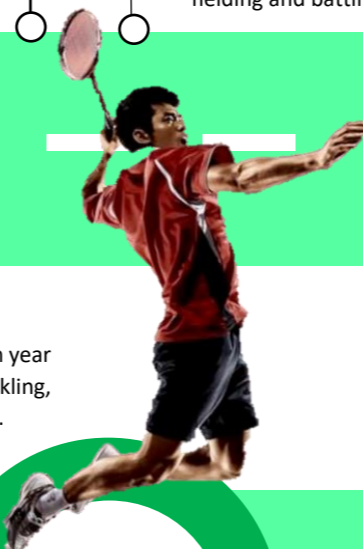
Athletics

You will build upon the technique in the 100m, 200m, 400m, 800m, shot putt, javelin, and discus, to improve your times, distances, and technique.



Badminton

You will learn the basic rules to play successfully. You will learn core skills such as: Long and short serves, forehand overhead clear, forearm lift, and underarm clear, forearm drop shot, and decision making.



Rounders

You will build on the core skills learned in year 7, and you will learn core skills such as directional batting (backhand). You will learn advanced skills, such as: faster, flatter, and deeper throwing, and tactics in fielding and batting.

Cricket

You will build upon the core skills learned in year 7, and learn core skills such as: the cut shot and pull shot. You will learn advanced skills such as picking up the ball on the run and throwing when fielding, and variation in bowling delivery.



Basketball

You will build upon the core skills learned in year 7, and learn advanced skills such as: dribbling with your weaker hand, player to player marking, zonal marking, and cutting to the basket.



Handball

You will build upon the core skills learned in year 7, and learn advanced skills such as: tackling, weakest hand dribbling, and the jump shot.



Orienteering

You will complete two lessons of orienteering, where you will learn how to navigate courses, and compete.



Summer Term

Fitness

You will learn how to administer the Illinois agility test, sit and reach test, and the cooper run test. You also will learn methods of training to improve endurance, flexibility, and agility.

Football

You will build upon the core skills learned in year 7, and learn advanced skills such as: beating opponents, non-dominant foot passing, non-dominant foot shooting, and off the ball marking.



Spring Term



Table tennis

You will build upon the core skills learned in year 7, and learn core skills such as: the slice shot, and chop shot. You will learn advanced skills such as the smash, and the smash with spin.



Cross-country

You will learn how to pacing and build your endurance in preparation for the house run.



Autumn Term

Rugby

You will build upon the core skills learned in year 7, and learn core skills such as: clearing out and support roles at the ruck. You will learn advanced skills such as passing in both directions, and beating defenders through feinting, dummying, swerving and switching.

Netball

You will build upon the core skills learned in year 7, and learn advanced skills such as: Mid and long distance passing, catching on the run, and turning in the air, shadowing in defence and intercepting.



Volleyball

You will build upon the core skills learned in year 7, and learn core skills such as dig placement. You will learn advanced skills such as: 3 touch volleyball, attacking play, and serve return.

Extra-curricular

- Cross-country club
- Running club
- Volleyball club
- Rugby club
- Handball club
- Netball club
- Football club
- Circuit training
- Indoor cricket club
- Table tennis club
- Cricket club
- Park-run
- Athletics club
- Rounders club

Assessment

You will be assessed in the following four areas:

Range of skills

Can you do all the skills you have been taught?

Quality of skills

Can you consistently do the skills you have learned to a high standard?

Physical Attributes

Does your fitness help you be effective in a game situation?

Decision making

Do you make the correct decisions under pressure in game situations?
Can you consistently do the skills you have learned to a high standard?

Your Physical Education Journey continues here ...