



# The Priory school - Physical Education

## Year 8 girls – 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.



### Striking and fielding (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.



### Handball

You will build on the core skills learned in year 7, and learn core and advanced skills such as: catching and passing on the move, dribbling with your weakest hand, the jump shot, and tackling.



### 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.

### Orienteering

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

Summer Term

### Dance

You will build on the core skills learned in year 7, and learn core skills such as: motifs and stimuli, aesthetic movement, and choreographic techniques. You will learn advanced skills such as: applying tension and extension, and dynamics/tempo and climax.

### 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



### 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.

### 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, dummieing, 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

### 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 ...



Catching and passing on the move

Dribbling with dominant hand- *weakest hand dribbling*

shooting in movement- *jump shot*

Rules of the game/tactics in attack and defence

Offensive and defensive movement

Man to man and zonal marking- *tackling*

