



# The Priory school - Physical Education

## Year 8 – Curriculum map 2021-2022

Students will go through a rotation of the four sports each half-term.



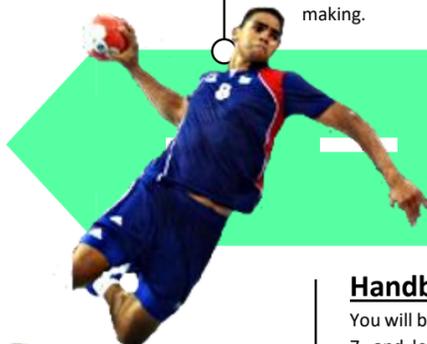
### Athletics

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



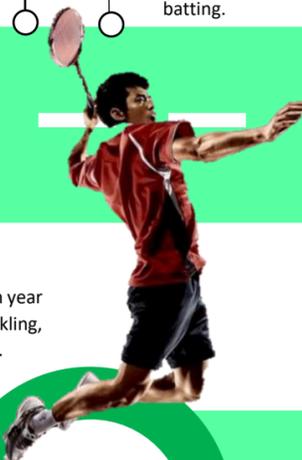
### Badminton

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.



### 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.



### 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 or dance

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 or you will build upon the skills learned in year 7 dance, learning expression, choreographic techniques and pathways and formations.



### 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

### 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.

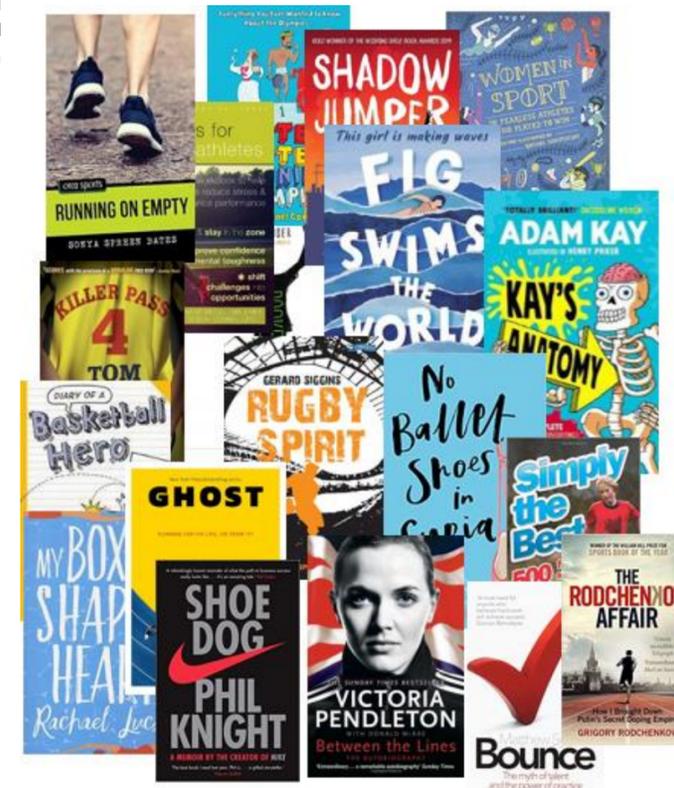


### Gymnastics

Students will build upon the core skills learned in year 7, and learn how to produce more complex balances, partner balances, types of travel and rolls, whilst producing a routine.



### PE recommended books



### Assessment- 20 marks per sport

#### Selfless- 5 marks

1. Teamwork
2. Leadership
3. Sportsmanship

#### Self-assured- 5 marks

1. Confidence
2. Resilience
3. Determination

#### Successful- 10 marks

1. Range and quality of skills
2. Fitness
3. Decision making



Your Physical Education Journey continues here ...