Year 8 Physical Education Journey KIBWORTH MEAD Intent statement: The aim of our curriculum is to develop students holistically, focusing on students' physical, social and emotional well-being. The curriculum offer **ACADEMY** is engaging, challenging and enjoyable which allows students to make outstanding progress and develop a passion for lifelong participation in physical activity. **PHYSICAL EDUCATION & SPORT** Year 7-9: Our domains are developed throughout the curriculum Year 7-9: A Concept driven curriculum, learning physical, units, which include invasion, net/wall, cooperative, striking and cognitive, creative, social, personal and health related skills. fielding, as well as Fitness dance and gymnastics. Various opportunities are provided for students to participate in competitive sport for all age groups in a variety of activities. Students learn about the importance of court Be informed about the extensive positioning and how this can affect the game. extra curricular on offer to pupils Maintain routines and standards in PE **Net and Wall SUMMER** Students learn (Physical) **HOLIDAYS** about the how the choice of their shot can influence the game you are Physical through net/wall playing. Understand the importance Initial baseline assessments to track progress since the summer. Students develop teamwork to perform routines Students learn how to perform Students develop their ability to routines which are aesthetically outwit opponents pleasing. Dance/Gymnastics Creative through gymnastics and dance (Creative) Pupils learn the importance Students demonstrate their ability to explore themes of travelling, flight, of shot placement and Students learn how to take on control and accuracy. jumping and balance to produce a feedback and apply this to individual Analysis of performance **Fitness** and group routines. through self and peer (Health & Wellbeing) assessment. Growth Mindset Understand types of exercises Pupils participate in activities to enhance health and different types of that focus upon pupils training developing a growth mindset Learn how to use OAA the gym Health Related learning (Personal Skills) equipment safely and effectively Students learn the importance Learn about the components of planning before Learn how to train different of fitness and how they can be executing a task muscles groups To understand when attacking and To have a firm defensive tactics can be used Pupils develop understanding of game rules effectively in the invasion games team work skills to complete Students learn orienteering skills how to analyse effectively. Cognitive through invasion games performance **Invasion** and provide (Cognitive) feedback Pupils work in teams to orientate a map and navigate an area to complete tasks. Students learn how to create space and the importance of decision making How can feedback help to Students learn the importance **Striking & Fielding** improve performance Pupils will learn about of communication when different roles within a working in a team (Social) **GUEST** Sport **Education** Striking and fielding through social games **Sport Education Competitions** Students develop communication skills while Students learn how to apply different tactics working in their Students develop team work and and work collaboratively when batting and organisational skills to be successful teams. Students will learn the fielding. importance of working towards a common goal as a team Students learn about the Students Students use goal setting to rules and regulations for participate in a help them complete long various events, such as sport education distance events. the relay. season, playing competitive games and **Athletics** officiating peers. **Summer** Running, jumping, throwing and events Personal Attributes **Holidays** Students learn the qualities which make a successful leader Pupils develops strategies to help them gain advantages at Students learn how to the start and finishes of race perfect technique in events jumping and throwing events.