CURRICULUM CORE KNOWLEDGE PLAN

SUBJECT: PE YEAR GROUP: Y8 DATE: 2023-2024

Term and unit	Core knowledge	Core vocabulary	Revisiting prior knowledge	Links to Walney Ways & Employability skills/Careers
Autumn Term – Rugby	• To know the basic rules of rugby from Y7- playing the ball, defence move back, 6 tackles, knock-on, high tackle, forward pass • To know and understand more advanced rules in rugby – marker, offside • To know the correct tackle technique and apply it to competitive conditioned games • To know the correct passing technique and introduce drawing the defender and making the pass • Develop decision making and strategies to outwit opponents • To know some of the positions in rugby and learn their specific roles and responsibilities • Use self and peer assessment to evaluate and enhance performance	Try, knock-on, forward pass, high tackle, play the ball, defensive line, turnover, offload (revisit Y7 key vocab) Offside, marker, hooker, stand- off, winger, centre, prop, second-row, loose forward, scrum, offload	Retrieval practice of core knowledge from Y7. Revisiting same tackle technique, same passing/handling skills, evasion skills, revisit rules covered in Y7. Revisiting more advanced concepts of invasion games – attack/defence	Resilience Communicative Self-motivation Employability skills: Respect, teamwork, leadership, sportsmanship, creativity Career links: Self and peer evaluation = analytical skills – sports analyst.
Netball	• To know basic rules/concepts of netball from Y7 – positions on the court, layout of the court, requirements and restrictions of each position, footwork, contact • To know the correct technique for the different types of pass (chest pass, bounce pass, overhead/shoulder) and develop catching technique • To know how to evade a defender to receive the ball freely, losing marker, making way down the court effectively, refine footwork so can receive the ball on the move • To know and demonstrate correct shooting technique and understanding of where shooting can take place and by whom • To know about tactical play, moving into space, explore concepts of attacking play, identify individual and team strengths and weaknesses	Chest pass, bounce pass, shoulder pass, overhead pass, footwork, dodge, obstruction, held ball, contact, replayed ball, GK, GS, GA, GD, C, WA,WD, centre pass, back line, side line, interception, marking, recovery	Revisiting rules and positions in netball from Y7 – including the responsibilities and rules of each position Retrieval practice of core knowledge covered in Y7.	Resilience Communicative Self-motivation Career/employability skills: respect, teamwork, organisation, strategical thinking, creativity, problem solving

Autumn Term – Badminton	• To know the basic skills/rules/concepts of badminton we covered in Y7, including layout of the court, singles and doubles rules and setting up the court. • To know the rules of the serve and points allocation • To know the importance of movement on the court – footwork, positioning to receive the shuttle, positioning in singles/doubles • To be able to demonstrate basic stroke play from Y7– forehand, backhand, rallying • To develop decision making – how to outwit opponent, making them move, shot selection • Self & peer evaluation. Officiating and scoring own games.	Singles, doubles, shuttlecock, serve, baseline, drop shot, forehand, backhand, rally, service box (Revisit key vocab from Y7) Overhead clear, power, angle, lob, smash	Revisiting techniques and shots covered in Y7. Prior knowledge of rules (singles and doubles). Retrieval practice.	Resilience Communicative Self-motivation Respect, teamwork, leadership, sportsmanship, responsibility
Autumn Term – Football	• To know the basic rules/concepts of football that were covered in Y7– handball, positioning, movement • To know how to pass over a short distance using the inside of the foot, taking a touch, passing and moving with accuracy • To know the correct standing tackle technique - block tackle, jockeying, marking, 1v1 situations • To recap fundamentals of dribbling – using both feet, inside and outside of foot, head up, ball close to body • To know how to protect the ball and hold up the ball and why this is an effective skill in football • To develop decision making – pass selection, when to pass/shoot/dribble, moving into space, formations, tactics • Self and peer assessment, using evaluation to enhance performance	Corner kick, cross, dribble, foul, free kick, goal kick, handball, header, offside, volley (Revisit key vocab from Y7) Formation, offside, step over, direct long ball, counter attack, offside trap, loft pass	Revisiting prior knowledge covered in Y7. Tackling, passing, dribbling. Recap of basic rules. Retrieval practice of knowledge covered in Y7.	Resilience Communicative Self-motivation Respect, teamwork, sportsmanship, leadership
Autumn Term - Table Tennis	• To understand basic rules/concepts of table tennis – points, where and when the ball can bounce, volleying, singles/doubles rules, setting up tables, handshake grip, positioning, stance • To know the rules of the serve, forehand, backhand serve • To know basic stroke play in table tennis and develop shot selection – backhand push, forehand push, rallying • To develop decision making – singles/doubles, shot selection, trying to outwit opponent • Self & peer assessment to evaluate performance. Officiating and scoring matches.	Backhand, forehand, rally, volley, serve, singles, doubles, let	Net and wall games primary Links to FMS – striking with a bat	Resilience Communicative Self-motivation Self-aware Respect, teamwork, sportsmanship

Spring Term Health-Related Exercise	• To know the benefits of exercise – social, mental and physical • To know and understand the components of fitness – endurance, balance, speed, strength, flexibility, agility, power, co-ordination, reaction time. To know how these apply to different sports. • To know about fitness tests – what each one measures and how to measure own results • To know about circuit training – what muscles are being used at each station, muscles – know basic muscles and when we use them in certain exercises. To understand principles of Training – how to make things easier/harder when exercising • To know barriers to exercise – to know what prevents people exercising and strategies to overcome this. Experience a variety of different exercise strategies (Zumba, boxercise, step-up aerobics, etc.) • To know what High Intensity Training (HIIT) is. To know what is heart rate, how do we measure it? What happens to our HR when we exercise? • To know basic muscles of the body and be able to locate these during exercise	Exercise, benefit, barrier, heart-rate, physical, mental, social, intensity, rep, balance, speed, strength, power, co-ordination, flexibility, reaction time, agility, stamina/endurance (Revisit core vocab from Y7) Frequency, intensity, time, muscles, oxygen	Prior knowledge from PD lessons in Y7 – diet, lifestyle choices, exercise Prior knowledge from core PE lessons in Y7 - How to keep fit? What can you do? Why it's important? Positives? Revisit benefits of exercise, barriers to exercise, fitness testing, circuit training, heart-rate and components of fitness. Retrieval practice of core knowledge from Y7.	Resilience Self-motivation Self-aware Communicative Aspirational Career links – personal training/physiology (physio)/nutritionist/analyst Career skills – effort, teamwork, motivation, target setting,
Spring Term Basketball	• To know and understand basic rules of basketball from Y7 – travelling, double dribble, dimensions of court • To know and develop passing and receiving technique from Y7 – chest pass, bounce pass, shoulder pass. W grip, thumbs behind ball, fingers spread, wrist snap, follow through, pass is flat/fast. To know how to pass and move and understand why this is important. • To know the correct dribbling technique and develop dribbling with both hands • To know correct technique of set shot from Y7 - grip, stance, follow through • To develop decision making to try and outwit opponents during competitive conditioned games • Self and peer assessment to evaluate performance.	Dribble, chest pass, bounce pass, sideline, baseline, foul, travelling, double dribble, lay-up, pivot (Revisit core vocab from Y7) Key, free throw, cross over, back court, evasion, marking	Revisit core knowledge from Y7, including; passing, dribbling and shooting technique. Revisiting basic rules from Y7. Retrieval practice of key knowledge from Y7.	Resilience Communicative Self-motivation Career links – sports leader/coach: leading own warm ups/skill drills.
Summer Term Athletics	• To know the basic rules and techniques of the three throws in athletics – discus, javelin and shot put. Including; stance, grip, body movement, angle of release, follow through,	Distance, angle, optimum, pivot, momentum, endurance, speed, power, discus, javelin, shot put, long	Revisit the core knowledge from Y7 of each field and track event. Retrieval practice.	Resilience Ambitious Self-motivation

	• To know the rules and techniques needed for the three jumps in athletics - long jump, high jump and triple jump. Including; run up, take off, how to land, jumping for distance/height technique • 100m, 200m, 800m, 300m – to know the basic rules of each discipline, i.e. lane rules, start – how to get better start, running with maximal effort vs. running for distance, pacing, rhythm • To know the basic rules of the 4x100m relay and the correct changeover technique. Develop tactics within the relay.	jump, high jump, triple jump, relay, baton, lane	Prior knowledge from HRE earlier in year – bleep test: pacing yourself	Self-aware – knowing that different people are good at different disciplines Career links – chance to experience different roles: timer, measurer, starter, official. Teamwork, communication Club links – Walney Wind Cheaters, Barrow Striders, Hoad Harriers, etc.
Summer Term Striking and Fielding (cricket)	• To know and understand basic concept/rules of cricket from Y7 – batters, bowlers and fielders, six, four, runs. Over, wicket, wide and no ball. • To know the correct batting technique for shots learned in Y7 – grip, stance, forward drive shot • To know the correct technique for the pull shot. • To know the correct technique for bowling and develop this in gameplay • To know and develop catching and throwing technique – short/reaction catches and high catches • To know how to field the ball along the ground – long barrier, short barrier, pick up and throw • To develop decision making within game situations – working to outwit opponents through tactical thinking	Bowler, batter, fielder, wickets, over, six, four, wide, no ball, runs (Revisit key vocab from Y7) Long barrier, short barrier, bowler's end, wicketkeeper, non-striker's end, edge, pull, drive, block, running between wickets	Revisit core knowledge from Y7 – ground fielding, catching, throwing, batting. Recap basic rules covered in Y7. Retrieval Practice.	Resilience Communicative Self-motivation Career skills: teamwork, communication, problem solving. Working off reciprocal teaching/learning cards- developing organisation, leadership Club links – Barrow Cricket Club, Womens/Girls Cricket (Barrow CC), Vickerstown Cricket Club, Furness Cricket Club

Striking and fielding (rounders)	• To know the basic rules of rounders covered in Y7 – running round bases, high/low wide, no ball, bowler's/batter's box, rounder/ ½ rounder • To know the correct fielding technique for catching and throwing. To know and develop ground fielding skills. • To know and develop batting technique and skills • To know and develop correct underarm bowling technique, step forward with opposite leg to throwing arm, hold ball below hip, release waist height, follow through • To further develop game awareness and tactical development – including more advanced tactical play • To know and apply self and peer evaluation within lessons	Underarm, overarm throw, posts/base, rounder, ½ rounder, batter, bowler, backstop, batting square, bowling square, long barrier, short barrier, backwards hit, batting line, wide, no ball	To revisit core knowledge from lessons in Y7, including the basic rules. Retrieval practice of core knowledge and core vocabulary.	Resilience Self-motivated Communicative Career/employability links: teamwork, organisation, problem solving, umpiring/scoring