

## PHYSICAL EDUCATION Year 8 Curriculum End Points and Key Vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Ethos Links	STEM/ Character/ Milton Keynes  Learning Habits: Organisation, Planning	Milton Keynes – opportunities available, role models  Learning Habits: Communication, earning from mistakes	Character – Teamwork, Resilience, Confidence  Learning Habits: Listening, Thinking	Character – mental wellness, self-esteem, determination MK – links with local clubs  Learning Habits: Resilience	STEM – basic numeracy skills, basic movement science of the body  Learning Habits: Perseverance, Questioning	Character – commitment, independence  Learning Habits: Analysing/ Evaluating
Unit	<b>Invasion Games Recap</b>	<b>Rugby/ Netball</b>	<b>Football/ Badminton</b>	<b>Gymnastics and Dance / Basketball</b>	<b>Athletics/ Cricket</b>	<b>Tennis/ Rounders</b>
Learning End Points	By the end of this unit students will know and understand: <ul style="list-style-type: none"> <li>➤ Difference of attacking and defending.</li> <li>➤ Basic rules of team games.</li> <li>➤ How to score.</li> </ul>	By the end of this unit students will know and understand: <ul style="list-style-type: none"> <li>➤ How to improve rugby skills.</li> <li>➤ How to improve netball skills.</li> <li>➤ Basic rules of rugby.</li> <li>➤ Basic rules of netball.</li> <li>➤ How to score.</li> </ul>	By the end of this unit students will know and understand: <ul style="list-style-type: none"> <li>➤ How to improve football skills.</li> <li>➤ Basic rules of football and how to officiate.</li> <li>➤ How to improve badminton skills.</li> <li>➤ Rules of badminton.</li> </ul>	By the end of this unit students will know and understand: <ul style="list-style-type: none"> <li>➤ Basic rules of basketball.</li> <li>➤ How to improve basketball skills.</li> <li>➤ Why creative PE of dance/gymnastics is important.</li> <li>➤ Health benefits of alternative sports.</li> </ul>	By the end of this unit students will know and understand: <ul style="list-style-type: none"> <li>➤ Core skills of Cricket: bowling/ batting/ fielding.</li> <li>➤ Athletics rules and laws.</li> <li>➤ History of athletics.</li> <li>➤ Role models in Athletics.</li> </ul>	By the end of this unit students will know and understand: <ul style="list-style-type: none"> <li>➤ Core Skills of Tennis: serving/ forehand/ backhand.</li> <li>➤ Core skills of rounders: throwing and catching/ batting.</li> </ul>

<p><b>Key Vocabulary</b></p>	<p>Rules Tactics Team Plays Attack Defend Captain</p>	<p>Centre Pass Shoulder Pass Zonal marking Netball positions:</p> <ul style="list-style-type: none"> <li>• Goal Keeper</li> <li>• Goal Defence</li> <li>• Wing Defence</li> <li>• Centre</li> <li>• Wing Attack</li> <li>• Goal Attack</li> <li>• Goal Shooter</li> </ul> <p>Rugby Positions:</p> <ul style="list-style-type: none"> <li>• Prop</li> <li>• Winger</li> <li>• Scrum half</li> </ul>	<p>Free kick Penalty Underarm serve Drop Shot Smash Tramlines Overhead Clear</p>	<p>Tuck/ Pike/ Straddle Balance Jump Action/ Dynamic/ Space/ Relationship Set Shot Lay Up Fake Hook shot</p>	<p>Distances Times Start Position Laps Body position Flight Bowl Wicket Stumps Pull Shot Straight Drive</p>	<p>Serve Tramlines Let Backhand Forehand Drop Shot Volley Bowl Spin Defensive hit Reverse Hit</p>
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