

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
Units of Work	Rugby/ Netball	Rugby/ Netball	Football/ Badminton	Gymnastics and Dance / Basketball	Athletics/ Cricket	Tennis/ Rounders
Ethos Links	<p>STEM/ Character/ Milton Keynes</p> <p>Learning Habits:</p> <ul style="list-style-type: none"> Organisation Planning 	<p>Milton Keynes – opportunities available, role models</p> <p>Learning Habits:</p> <ul style="list-style-type: none"> Communication Learning from mistakes 	<p>Character – Teamwork, Resilience, Confidence</p> <p>Learning Habits:</p> <ul style="list-style-type: none"> Listening / Thinking 	<p>Character – mental wellness, self-esteem, determination</p> <p>MK – links with local clubs</p> <p>Learning Habits:</p> <ul style="list-style-type: none"> Resilience 	<p>STEM – basic numeracy skills, basic movement science</p> <p>Learning Habits:</p> <ul style="list-style-type: none"> Perseverance Questioning 	<p>Character – commitment, independence</p> <p>Learning Habits:</p> <ul style="list-style-type: none"> Analysing/ Evaluating
Learning End Points	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> Core skills of rugby: passing and tackling Core skills of netball: passing, footwork, shooting Basic rules of rugby 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> Core skills of rugby: passing and tackling Core skills of netball: passing, footwork, shooting Basic rules of rugby Basic rules of netball How to score 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> Core skills of football: dribbling/ passing/ shooting Basic rules of football and how to officiate Core skills of badminton: serving, overhead shots 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> Core skills of basketball: passing, dribbling, shooting How to improve basketball skills Why creative PE of dance/gymnastics is important Health benefits of alternative sports 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> Core skills of Cricket: bowling/ batting/ fielding Athletics rules and laws History of athletics Role models in Athletics 	<p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> Core Skills of Tennis: serving/ forehand/ backhand Core skills of rounders: throwing and catching/ batting

	<ul style="list-style-type: none"> Basic rules of netball How to score • 		<ul style="list-style-type: none"> Rules of badminton doubles game 			
	<ul style="list-style-type: none"> By the end of this unit students will be able to: Use a variety of equipment. Variety of passes over varying distances Different types of catches Pass – chest, bounce, shoulder, spin Defensive skills – tackle, mark Attacking skills – Dodging, 	<ul style="list-style-type: none"> By the end of this unit students will be able to: Pass – chest, bounce, shoulder, spin Defensive skills – tackle, mark Attacking skills – Dodging, Set pieces – centre pass, backline pass Scrums 	<ul style="list-style-type: none"> By the end of this unit students will be able to: Pass – short, long, lob Defensive skills – tackling, marking Badminton shots – serve, overhead clear, smash, drop shot, lift Backhand shots How to manipulate the shots against an opposition 	<ul style="list-style-type: none"> By the end of this unit students will be able to: Main components of dance – actions, dynamics, space and relationships Counts to music/beat Main components of gymnastics – balance, jump, travel, roll Basketball footwork and stances Basketball passes – chest, bounce and overhead Basketball shooting – set shot, jump shot, lay up 	<ul style="list-style-type: none"> By the end of this unit students will be able to: Run at varying distances – sprints, middle and long distances Throw with correct technique – javelin, shot putt, discus Long Jump/Triple Jump Cricket – bowl, bat, wicket, catches, throws, fielding – long/short barrier 	<ul style="list-style-type: none"> By the end of this unit students will be able to: Tennis – serves, volley, forehand, backhand, net shot Bowl/ Bat and field in rounders
Key Vocabulary	Rules Tactics Team Plays Attack Defend	Centre Pass Shoulder Pass Zonal marking	Free kick Penalty Underarm serve Drop Shot Smash	Tuck/ Pike/ Straddle Balance Jump Action/ Dynamic/ Space/ Relationship	Distances Times Start Position Laps Body position	Serve Tramlines Let Backhand Forehand

	Captain	Netball positions – GK, GD, WD, C, WA, GA, GS Rugby Positions – Prop, winger, scrum half	Tramlines Overhead Clear	Set Shot Lay Up Fake Hook shot	Flight Bowl Wicket Stumps Pull Shot Straight Drive	Drop Shot Volley Bowl Spin Defensive hit Reverse Hit
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