

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	STEM/ Character/ Milton Keynes Learning Habits: Organisation Planning	Milton Keynes – opportunities available, role models Learning Habits: Communication Learning 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 Learning Habits: Perseverance Questioning	Character – commitment, independence Learning Habits: Analysing/ Evaluating
Learning End Points	By the end of this unit students will know and understand: <ul style="list-style-type: none"> Core skills of rugby: passing and tackling Core skills of netball: passing, footwork, shooting Basic rules of rugby 	By the end of this unit students will know and understand: <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 	By the end of this unit students will know and understand: <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 	By the end of this unit students will know and understand: <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 	By the end of this unit students will know and understand: <ul style="list-style-type: none"> Core skills of Cricket: bowling/ batting/ fielding Athletics rules and laws History of athletics Role models in Athletics 	By the end of this unit students will know and understand: <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
--	---------	--	-----------------------------	---	---	---