



Year 8 PE – Progress Map



Curriculum Area	HAND	HEAD		HEART
	Skill development	Analysis	Tactics & composition	Personal Characteristics
Invasion Games (Netball, Football, Basketball, Rugby, Hockey)	Perform basic skills with consistency, control and accuracy. Understand different passes and to apply into competitive situations with control and accuracy. To beat a defender Identify and perform different means of getting free from an opponent when under pressure and understand the use of space To be able to shoot with some accuracy, control and power at the right time. To understand the correct positioning when defending and apply into competitive situations To be able to warm up appropriately, selecting relevant components of fitness.	EVALUATING & IMPROVING	To understand the different positions and roles. To understand their roles within different formations. To know the rules of a 2 different set pieces To know and apply 3 basic rules of a game	LC1 Teamwork LC2 Motivation LC3 Respect LC4 Resilience Leadership throughout
	Net & Wall (Badminton & tennis)		Perform basic skills with consistency and some control. To perform a rally with a partner, demonstrating control, consistency and accuracy. (Badminton) To perform an overhead clear with power, and to try and apply it into a game to move your opponent back. Identify how to hit the shuttle away from their partner using a drop shot (Tennis) Understand 2 ground strokes and to apply into a game	To know and apply the basic rules into a game – how to score and the lines on the court. To understand the difference in serving between badminton & tennis To understand the difference between a rally and a game

	situation.		
Gym & Dance	<p>Perform movements and actions in the correct style of dance</p> <p>Perform movements with control, fluency and precision.</p> <p>To use freeze frames and a change of speed within a motif, at the right time.</p> <p>To know and use different emotions and facial expressions to communicate a story to the audience.</p> <p>To be able to lead an appropriate warm up and cool down for dance.</p>		<p>To know what is meant by fragmentation and to apply into a basic motif.</p> <p>To understand what retrograde is, and how to apply it into a motif to have an impact on the audience.</p> <p>To perform and apply a range of different choreographic devices into a motif.</p> <p>To understand the importance of different dynamics in a dance.</p>
Fitness & Athletics	<p>To perform a range of skills in an event with some success, power, and control. (200m, relay, middle distance, shot, javelin, HJ, LJ, TJ)</p> <p>To apply the skills into competitive situations.</p> <p>To demonstrate a good level of fitness in a range of different fitness activities.</p> <p>To perform and explain aerobic vs anaerobic activities.</p>		<p>To understand and apply safe use of equipment such as throwing equipment or high jump.</p> <p>To know how to measure or time in athletics and to record results. Officiate effectively</p> <p><u>Methods of training</u> Interval training & Circuit training</p> <p><u>Target zones</u> Aerobic & anaerobic</p> <p><u>Recovery Heart Rate</u> Cool down & r recovery</p>
Striking & Fielding (Cricket & rounders)	<p>Perform basic skills with consistency and some control.</p> <p>To perform an accurate overarm and underarm throw and apply with as a fielder in a game situation.</p> <p>To be able to field a ground ball securely (eg long barrier) and to apply in a game situation.</p> <p>To be able to hit the ball with control, accuracy and power.</p> <p>To hit the ball with the intent of avoiding the fielding team to gain more success for the batters.</p> <p>To understand and perform the bowling technique with accuracy. To adapt the speed of the ball.</p>		<p>To know and understand the different roles within cricket / rounder.</p> <p>To know and apply the rules of the game to officiate clearly.</p>

ASSESSMENT:

Lesson 1 – core task (starting point)

Lesson 8 / 9 – core task

Q & A

Retrieval & recall

Team discussions

Peer evaluations

Teacher observations

ATOL