



# KEY STAGE 3 – YEAR 8 – GAMES

## CURRICULUM MAP

Autumn Term		Spring Term		Summer Term	
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Themes	Key Themes	Key Themes	Key Themes	Key Themes	Key Themes
Key themes will be taught in the 6 week block dependent on pupil experience ability and progression and not necessarily in order. Sessions may combine elements of combination.					
<b>Rugby Union</b> <ol style="list-style-type: none"> <li>Ball Familiarisation</li> <li>Passing and Retrieving</li> <li>Beating Opponents/ Attacking Play</li> <li>Tackling</li> <li>Rucking</li> <li>Scrum (3/5 Man)</li> <li>Assessment and setting</li> </ol>	<b>Rugby Union</b> <ol style="list-style-type: none"> <li>Recap passing &amp; refine handling skills</li> <li>Tactical Play</li> <li>Mauling</li> <li>Scrum (3/5 man)</li> <li>Develop tackling technique</li> <li>Assessment</li> </ol>	<b>Rugby Union</b> <ol style="list-style-type: none"> <li>Recap passing &amp; refine handling skills</li> <li>Tactical Play</li> <li>Mauling</li> <li>Scrum (3/5 man)</li> <li>Develop tackling technique</li> <li>Assessment</li> </ol>	<b>Transition half term</b>  <b>Summer sports start at end of 7s season, usually last two/three of half term</b>  Rugby/Hockey CC  Start of Summer sports  Rugby, Hockey, CC on the left  Cricket, Athletics on the Right	<b>Cricket</b> <ol style="list-style-type: none"> <li>Ball familiarisation/catching/ Fielding</li> <li>Bowling basic bowling technique.</li> <li>Batting -basic batting grip + drive technique.</li> <li>Batting - Hit to leg</li> <li>Game situations/basic strategies</li> <li>Batting calls/basic field placement.</li> <li>Pull Shot</li> <li>Bowling-run up development</li> <li>Netting</li> <li>Wicketkeeping</li> <li>Cricket Games Hard, Soft, Pairs, Kwik</li> <li>Assessment</li> </ol>	<b>Cricket</b> <ol style="list-style-type: none"> <li>Ball familiarisation/catching/ Fielding</li> <li>Bowling</li> <li>basic bowling technique.</li> <li>Batting -basic batting grip + drive technique.</li> <li>Batting - Hit to leg</li> <li>Game situations/basic strategies</li> <li>Batting calls/basic field placement.</li> <li>Pull Shot</li> <li>Bowling-run up development</li> <li>Netting</li> <li>Wicketkeeping</li> <li>Cricket Games</li> <li>Hard, Soft, Pairs, Kwik</li> <li>Assessment</li> </ol>
<b>Hockey</b> <ol style="list-style-type: none"> <li>Dribbling &amp; movement with the ball</li> <li>Dodging               <ol style="list-style-type: none"> <li>Dodging: simple dodge, non-stick and stick side and double dodge.</li> </ol> </li> <li>Defending/block tackle/jab tackle understand when to use the correct tackle in a game.</li> <li>Core and Advanced Skills               <ol style="list-style-type: none"> <li>The Slap, Strike or Push pass (Emphasis on passing).</li> </ol> </li> </ol>	<b>Hockey</b> <ol style="list-style-type: none"> <li>Dribbling &amp; movement with the ball</li> <li>Dodging               <ol style="list-style-type: none"> <li>Dodging: simple dodge, non-stick and stick side and double dodge.</li> </ol> </li> <li>Defending/block tackle/jab tackle understand when to use the correct tackle in a game.</li> <li>Core and Advanced Skills</li> </ol>	<b>Hockey</b> <ol style="list-style-type: none"> <li>Dribbling &amp; movement with the ball</li> <li>Dodging               <ol style="list-style-type: none"> <li>Dodging: simple dodge, non-stick and stick side and double dodge.</li> </ol> </li> <li>Defending/block tackle/jab tackle understand when to use the correct tackle in a game.</li> <li>Core and Advanced Skills</li> </ol>		<b>Athletics</b> <ol style="list-style-type: none"> <li>Introduce running style (100/200/400m) To be able to perform the basic technique for an effective sprint race.</li> <li>Introduce pace running – 800m/1500m To accurately replicate basic technique for an effective paced race.</li> </ol>	<b>Athletics</b> <ol style="list-style-type: none"> <li>Introduce running style (100/200/400m) To be able to perform the basic technique for an effective sprint race.</li> <li>Introduce pace running – 800m/1500m To accurately replicate basic technique for an effective paced race.</li> <li>Jumping- long jump/TJ</li> </ol>



## KEY STAGE 3 – YEAR 8 – GAMES

<p>b. Reverse and Scoop passes. Reverse stick shooting.</p> <p>5. Rolling out.</p> <p>6. Penalty and Open play Flick and Arial skills</p> <p>7. Shooting / Striking</p> <p>8. Creation of space/attacking principles</p> <p>9. Shooting/set plays</p> <p>10. Short/Long Corner – perform, develop strategies, understanding</p> <p>11. Positioning/formations To know and understand the basic positions in hockey + associated roles.</p> <p>12. To understand the fitness needs of hockey players.</p> <p>13. Rules and Regulations To understand and know the rules and regulations regarding scoring, fouls, and pitch markings.</p> <p>14. Assessment</p> <p>15. Further development - Inter house/form hockey comp.</p>	<p>a. The Slap, Strike or Push pass (Emphasis on passing).</p> <p>b. Reverse and Scoop passes. Reverse stick shooting.</p> <p>5. Rolling out.</p> <p>6. Penalty and Open play Flick and Arial skills</p> <p>7. Shooting / Striking</p> <p>8. Creation of space/attacking principles</p> <p>9. Shooting/set plays</p> <p>10. Short/Long Corner – perform, develop strategies, understanding</p> <p>11. Positioning/formations To know and understand the basic positions in hockey + associated roles.</p> <p>12. To understand the fitness needs of hockey players.</p> <p>13. Rules and Regulations To understand and know the rules and regulations regarding scoring, fouls, and pitch markings.</p> <p>14. Assessment</p> <p>15. Further development - Inter house/form hockey comp.</p>	<p>a. The Slap, Strike or Push pass (Emphasis on passing).</p> <p>b. Reverse and Scoop passes. Reverse stick shooting.</p> <p>5. Rolling out.</p> <p>6. Penalty and Open play Flick and Arial skills</p> <p>7. Shooting / Striking</p> <p>8. Creation of space/attacking principles</p> <p>9. Shooting/set plays</p> <p>10. Short/Long Corner – perform, develop strategies, understanding</p> <p>11. Positioning/formations To know and understand the basic positions in hockey + associated roles.</p> <p>12. To understand the fitness needs of hockey players.</p> <p>13. Rules and Regulations To understand and know the rules and regulations regarding scoring, fouls, and pitch markings.</p> <p>14. Assessment</p> <p>15. Further development - Inter house/form hockey comp.</p>		<p><b>3.Jumping- long jump/TJ</b> To accurately replicate the technique for an effective long jump/TJ</p> <p><b>4.Throwing – shot putt</b></p> <p><b>5.Throwing - javelin</b></p> <p><b>6.Hurdles</b> To accurately replicate an effective hurdling technique.</p> <p><b>7.Throwing- Discus</b></p> <p><b>8.Relay technique – baton exchange, correct hand change over</b></p> <p>9.Hammer</p> <p><b>10. Assessment in PE lessons, Fixtures, Sportsday</b></p>	<p>To accurately replicate the technique for an effective long jump/TJ</p> <p><b>4.Throwing – shot putt</b></p> <p><b>5.Throwing - javelin</b></p> <p><b>6.Hurdles</b> To accurately replicate an effective hurdling technique.</p> <p><b>7.Throwing- Discus</b></p> <p><b>8.Relay technique – baton exchange, correct hand change over</b></p> <p>9.Hammer</p> <p><b>10. Assessment in PE lessons, Fixtures, Sportsday</b></p>
<p>CC</p> <p>1. Importance of a warm-up/cool down</p> <p>2. Interval training flat</p> <p>3. Interval training hills</p> <p>4. Fartlek training</p> <p>5. Pace work</p> <p>6. Continuous training</p>	<p>CC</p> <p>1. Importance of a warm-up/cool down</p> <p>2. Interval training flat</p> <p>3. Interval training hills</p> <p>4. Fartlek training</p> <p>5. Pace work</p> <p>6. Continuous training</p>	<p>CC</p> <p>1. Importance of a warm-up/cool down</p> <p>2. Interval training flat</p> <p>3. Interval training hills</p> <p>4. Fartlek training</p> <p>5. Pace work</p> <p>6. Continuous training</p>			



## KEY STAGE 3 – YEAR 8 – GAMES

<p>National curriculum element</p> <p><b>Rugby</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p><b>CC</b> - develop their technique and improve their performance in other competitive sports</p>	<p>National curriculum element</p> <p><b>Rugby</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p><b>CC</b> - develop their technique and improve their performance in other competitive sports</p> <p><b>Hockey</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p>	<p>National curriculum element</p> <p><b>Rugby</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p><b>CC</b> - develop their technique and improve their performance in other competitive sports</p> <p><b>Hockey</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p>	<p>National curriculum element</p> <p><b>Rugby</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p><b>CC</b> - develop their technique and improve their performance in other competitive sports</p> <p><b>Hockey</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p>	<p>National curriculum element</p> <p><b>Cricket</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p><b>Athletics</b> - develop their technique and improve their performance in other competitive sports</p>	<p>National curriculum element</p> <p><b>Cricket</b> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p><b>Athletics</b> - develop their technique and improve their performance in other competitive sports</p>
<p><b>Assessment / Composite Tasks</b></p>	<p><b>Assessment / Composite Tasks</b></p>	<p><b>Assessment / Composite Tasks</b></p>	<p><b>Assessment / Composite Tasks</b></p>	<p><b>Assessment / Composite Tasks</b></p>	<p><b>Assessment / Composite Tasks</b></p>
<p><b>Rugby Assessment</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</li> <li>To accurately replicate actions and tactical sequences.</li> <li>To show their knowledge and understanding of the laws in rugby.</li> <li>Further development-Inter house/form rugby comp.</li> </ul> <p><b>CC Assessment</b></p> <ul style="list-style-type: none"> <li>Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones;</li> </ul>	<p><b>Hockey Assessment – Skill Related Circuits</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to replicate skills learnt in the unit.</li> <li>The pupils are to demonstrate their knowledge and understanding of the techniques in hockey by assessing peers against technique sheets.</li> </ul> <p><b>Assessment – Game Situation</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to outwit an opponent in a game situation using the</li> </ul>	<p><b>Hockey Assessment – Skill Related Circuits</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to replicate skills learnt in the unit.</li> <li>The pupils are to demonstrate their knowledge and understanding of the techniques in hockey by assessing peers against technique sheets.</li> </ul> <p><b>Assessment – Game Situation</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to outwit an opponent in a game situation using the</li> </ul>	<p><b>Hockey Assessment – Skill Related Circuits</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to replicate skills learnt in the unit.</li> <li>The pupils are to demonstrate their knowledge and understanding of the techniques in hockey by assessing peers against technique sheets.</li> </ul> <p><b>Assessment – Game Situation</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to outwit an opponent in a game situation using the</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To demonstrate an accurate replication of running, jumping and throwing techniques.</li> <li>To show an understanding of the rules for each event and the underlining principles of each.</li> <li>Teacher grades against the SAC assessment grades.</li> <li>Use scoring/recording of pupils distance and times to form an appropriate level</li> </ul> <p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to outwit an opponent in a game situation use a range of techniques.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To demonstrate an accurate replication of running, jumping and throwing techniques.</li> <li>To show an understanding of the rules for each event and the underlining principles of each.</li> <li>Teacher grades against the SAC assessment grades.</li> <li>Use scoring/recording of pupils distance and times to form an appropriate level</li> </ul> <p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>To demonstrate the ability to outwit an opponent in a game situation use a range of techniques.</li> </ul>



## KEY STAGE 3 – YEAR 8 – GAMES

<ul style="list-style-type: none"> <li>• accept the challenge they are presented with and understand how to improve their performance.</li> <li>• Know how to prepare for and recover from endurance running.</li> <li>• Be able to confidently describe the long term effects of exercise on the body.</li> <li>• Show the ability to actively compete in activities aimed to improve cardiovascular fitness, seeking to improve performance.</li> <li>• Actively participate in a warm-up session explaining the reasons for each of the exercises, including muscle groups and injury avoidance.</li> <li>• Competed on a regular basis for the College outside of School time.</li> </ul>	<p>appropriate skills and techniques.</p> <ul style="list-style-type: none"> <li>• The pupils are to demonstrate their knowledge and understanding of the rules in hockey + officiating.</li> </ul> <p><b>Rugby Assessment</b></p> <ul style="list-style-type: none"> <li>• To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</li> <li>• To accurately replicate actions and tactical sequences.</li> <li>• To show their knowledge and understanding of the laws in rugby.</li> <li>• Further development- Inter house/form rugby comp.</li> </ul> <p><b>CC Assessment</b></p> <ul style="list-style-type: none"> <li>• Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones;</li> <li>• accept the challenge they are presented with and understand how to improve their performance.</li> </ul>	<p>appropriate skills and techniques.</p> <ul style="list-style-type: none"> <li>• The pupils are to demonstrate their knowledge and understanding of the rules in hockey + officiating.</li> </ul> <p><b>Rugby Assessment</b></p> <ul style="list-style-type: none"> <li>• To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</li> <li>• To accurately replicate actions and tactical sequences.</li> <li>• To show their knowledge and understanding of the laws in rugby.</li> <li>• Further development- Inter house/form rugby comp.</li> </ul> <p><b>CC Assessment</b></p> <ul style="list-style-type: none"> <li>• Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones;</li> <li>• accept the challenge they are presented with and understand how to improve their performance.</li> </ul>	<p>appropriate skills and techniques.</p> <ul style="list-style-type: none"> <li>• The pupils are to demonstrate their knowledge and understanding of the rules in hockey + officiating.</li> </ul> <p><b>Rugby Assessment</b></p> <ul style="list-style-type: none"> <li>• To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</li> <li>• To accurately replicate actions and tactical sequences.</li> <li>• To show their knowledge and understanding of the laws in rugby.</li> <li>• Further development- Inter house/form rugby comp.</li> </ul> <p><b>CC Assessment</b></p> <ul style="list-style-type: none"> <li>• Apply techniques and skills with consistency and quality in familiar environments and with some success in unfamiliar ones;</li> <li>• accept the challenge they are presented with and understand how to improve their performance.</li> </ul>	<ul style="list-style-type: none"> <li>• The pupils are to develop their knowledge and understanding of the laws of cricket.</li> <li>• To demonstrate a variety of tactics based on the placement of the ball in relation to fielders</li> <li>• Teacher grades against the SAC assessment grades.</li> <li>• Use scoring/recording of pupils eockets, runs, catches and stumpings to form an appropriate level</li> </ul>	<ul style="list-style-type: none"> <li>• The pupils are to develop their knowledge and understanding of the laws of cricket.</li> <li>• To demonstrate a variety of tactics based on the placement of the ball in relation to fielders</li> <li>• Teacher grades against the SAC assessment grades.</li> <li>• Use scoring/recording of pupils eockets, runs, catches and stumpings to form an appropriate level</li> </ul>
---	--	--	--	---	---



## KEY STAGE 3 – YEAR 8 – GAMES

	<ul style="list-style-type: none"><li>• Know how to prepare for and recover from endurance running.</li><li>• Be able to confidently describe the long term effects of exercise on the body.</li><li>• Show the ability to actively compete in activities aimed to improve cardiovascular fitness, seeking to improve performance.</li><li>• Actively participate in a warm-up session explaining the reasons for each of the exercises, including muscle groups and injury avoidance</li><li>• Competed on a regular basis for the College outside of School time</li></ul>	<ul style="list-style-type: none"><li>• Know how to prepare for and recover from endurance running.</li><li>• Be able to confidently describe the long term effects of exercise on the body.</li><li>• Show the ability to actively compete in activities aimed to improve cardiovascular fitness, seeking to improve performance.</li><li>• Actively participate in a warm-up session explaining the reasons for each of the exercises, including muscle groups and injury avoidance</li><li>• Competed on a regular basis for the College outside of School time</li></ul>	<ul style="list-style-type: none"><li>• Know how to prepare for and recover from endurance running.</li><li>• Be able to confidently describe the long term effects of exercise on the body.</li><li>• Show the ability to actively compete in activities aimed to improve cardiovascular fitness, seeking to improve performance.</li><li>• Actively participate in a warm-up session explaining the reasons for each of the exercises, including muscle groups and injury avoidance</li><li>• Competed on a regular basis for the College outside of School time</li></ul>		
--	--	--	--	--	--