



Marshall's Park Academy -Curriculum Overview

Subject: Physical Education

Year Group: 8



(Introduction and overview of the subject and how lessons are taught for this year group)

- Students are taught a number of sports over the year.
- Students are in mixed ability groups, movement between groups happens if required. Assessments will feed into this decision.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <ul style="list-style-type: none">• Students taught Games, OAA and Individual sports.• How to warm up – 3 phases – Yr 7 Recap• Theory Through practical - Names of main Muscles and Bones Heart Rate – RHR, WHR, Recover HR Health Related Components Skill Related Components <p>N.B-Component will reflect sport being taught.</p>	<p>KNOWLEDGE/SKILLS</p> <ul style="list-style-type: none">• Students taught Games, OAA and Individual sports.• Theory Through practical Heart Rate – RHR, WHR, Recover HR Health Related Components Skill Related Components Energy Systems <p>N.B-Component will reflect sport being taught.</p>	<p>KNOWLEDGE/SKILLS</p> <ul style="list-style-type: none">• Students taught the summer sports including Athletics, Rounders and Cricket.• Athletics Warm Up• Theory Through practical - Health Related Components Skill Related Components• Anatomy and Physiology
<p>KEY ASSESSMENTS</p> <p>HALF TERM 1 End of Sport assessment</p> <p>HALF TERM 2 End of Sport assessment</p>	<p>KEY ASSESSMENTS</p> <p>HALF TERM 1 End of Sport assessment</p> <p>HALF TERM 2 End of Sport assessment</p>	<p>KEY ASSESSMENTS</p> <p>HALF TERM 1 End of Sport assessment</p> <p>HALF TERM 2 End of Sport assessment</p>
Curriculum Sports: Football, Rugby, Handball, Netball, OAA, Volleyball, Rounders, Cricket, Athletics, Trampoline, Badminton		