

Key Stage 3 Curriculum Map 2019-20

Term 2

Subject: Physical Education		Year Group: 8		
Week/Date	Boys	Girls	Key Skills	Home Learning/Recommended Reading
1-6 Jan 5 th -Feb 13 th	<ul style="list-style-type: none"> Athletics 	<ul style="list-style-type: none"> Athletics 	<ul style="list-style-type: none"> Athletics- Pupils will replicate running, jumping and throwing skills and learn specific techniques for events. In all athletic activity, pupils will engage in performing skills in relation to speed, height and distance. Some of the events include High Jump, Long Jump, Sprinting, Middle Distance, Relay Race and Shot Putt. 	<ul style="list-style-type: none"> Research rules and coaching points of athletics events and watch YouTube videos for perfect model ready for Sports Day. http://www.britishathletics.org.uk/
7 Feb 16 th -20 th	Mid Term Break			
8-10 Feb 23 rd -12 th March	<ul style="list-style-type: none"> Dance 	<ul style="list-style-type: none"> Gymnastics 	<ul style="list-style-type: none"> Dance - Developing Performance, Evaluating and improving, choreographic principles. This will be using the stimulus of Parkour and Free running. Gymnastics- demonstrate skills individually and in combination. Will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Students will evaluate and assess movements to improve sequences. Flight is also introduced, 	<ul style="list-style-type: none"> Dance- Rehearse the set movement material and their choreographed sections for the final performance. https://www.britishgymnastics.org/

			using the gymnastics apparatus such as trampettes and horses.	
11-12 March 15 th – March 26 th (continuing into term 3)	<ul style="list-style-type: none"> Table Tennis 	<ul style="list-style-type: none"> Table Tennis 	<ul style="list-style-type: none"> To introduce and develop basic skills for competitive table tennis, including footwork, shot selection and shot execution. Introduction of tactics and both singles and doubles game play. Developing knowledge and understanding of the rules and role of the umpire. 	<ul style="list-style-type: none"> https://tabletennisengland.co.uk/ Research rules and coaching points of table tennis and watch YouTube videos for the perfect model.

UAE Links across the term

Within the PE department, we are encouraging students to be more aware of the Islamic values and to gain a deeper understanding of how they can be demonstrated in their PE lessons and Sport.

We use a 'values point' system that encourages students to consider how their opponents demonstrated Islamic values within a game setting, rather than just focusing on the score of the match. Students can gain points for demonstrating different values throughout the activities we offer and our aim is for them to make connections with the wider community, linking sporting examples to everyday life scenarios.



Positive PE Postcards

When students demonstrate their understanding of an Islamic value either through sporting activities in PE or in extra-curricular activities, we reward them with 'Positive PE Postcards'. The postcards are a reward for our students when they exhibit their understanding and practical application of an Islamic value.