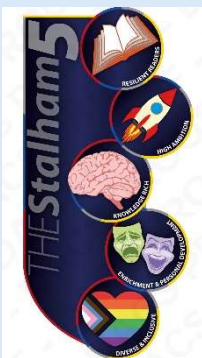
































Stalham High School - Subject Curriculum Overview









Subject: Physical Education

Year: 8

Half -Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Themes/ Content/ Units covered 	Netball To further develop passing and receiving skills with maximal control and accuracy.   To further develop the correct shooting style, ensuring consistency.   To understand attacking principles of the centre pass.  	Badminton To develop a rally with a partner following a legal serve.  Improving the consistency of forehand shots.  Recall and effectively perform the flick, short and long serves.  Understanding when to play a forehand or backhand shot.	Dance What is a Linha Curva and how would it be described.    Developing the use of dance relationships (cannon/ unison).    Rehearsing, performing and designing motifs.     Understand how to structure group performance for effectiveness	Rugby To develop passing with both hands in either direction.  Developing receiving skills; stationary and on the move with control and accuracy.  Understanding and describe the rules of the rugby.  To apply knowledge surrounding effective	Strike and Field Identification of the correct type of throw in variety of game situations  Developing technique and accuracy of throwing in different games (rounders, softball and cricket)  Enhancing consistency and effectiveness of striking the ball. 	Athletics To develop effective body posture for sprinting.  To understand how to use arm, leg and head actions to support effective sprinting.  To understand and develop technique for the javelin.  To be able to confidently complete a javelin event, including a



Stalham High School - Subject Curriculum Overview

	<p>Describe how agility helps us gain an advantage. </p> <p>Be able to identify defensive principles of the centre pass.  </p> <p>To develop timing to aid with the intercepting the ball. </p> <p>To explain complex rules of netball.  </p> <p>To be able to evaluate performers effectiveness within a game. </p>	<p> Understanding rotating roles when using the scoring system, relating to service.  </p> <p>Development of applying power to shots. </p> <p>To be able to identify strengths and weaknesses in their own performance  </p>	<p>using different choreographic devices   </p> <p>Developing understanding of how patterns can enhance viewing.  </p> <p>Develop the use of dynamics to increase effectiveness of a motif on the audience. </p> <p>To analyse own and others performance and provide feedback  </p>	<p>positioning to receive the ball </p> <p>To show understanding of effective defensive positioning </p>	<p>Developing knowledge and understanding of the rules and scoring systems. </p> <p>To implement fielding tactics to gain an advantage.   </p>	<p>run up and throw. </p> <p>Continuing to develop analysing of self, and peers' performance. </p> <p>To understand the stages of the high jump </p> <p>To understanding the difference of the scissor kick and frosby flop  </p> <p>To understand the rules of take-off. </p> <p>To develop speed in the approach to the jumping phase. </p>
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