



# Thomas Adams - Physical Education

## Year 8 – Curriculum map

**The Big Picture:**  
You will be growing sport specific knowledge across a range of sports and activities whilst being examined in different assessment areas.

### Athletics

You will recap technique and performance in track and field events. Your mind set and fitness will continue to play an important role in this Unit.



### Striking and fielding (Rounders/Cricket/Softball)

You will recap the rules to play successfully. You will develop your batting, throwing and catching. You will develop your tactical play and decision making skills in field and batting roles.



### Assessment

You will be assessed in the following four strands separately. Your FITNESS will also be assessed throughout the year.

Leadership

Decision Making

Performance

Mind Set

### Handball

You will recap the rules of handball to play successfully. You will develop tactical awareness and different defensive setups, when to pass/shoot/dribble and strategies/tactics to beat an opponent.



### Basketball

You will recap the rules of basketball to play successfully. You will develop tactical awareness and different defensive setups, when to pass/shoot/dribble and strategies/tactics to overcome an opponent.

Summer Term

### Football

You will develop your knowledge of rules of the game to play successfully. You will recap how to: dribble, pass, shoot, and mark players and develop strategies for overcoming an opponent.



### Gymnastics

You will enhance your gymnastics skills. You will also work on your ability to apply coaching points and provide feedback to others on their performance.

### Dance

You will be able to use movement and gesture to communicate moods and feelings. You will perform to an audience and give feedback to another group to improve performance.



Spring Term

### Swimming

You will recap the basic 3 strokes for swimming (front crawl, back stroke and breaststroke). You will practice the butterfly stroke and develop lifesaving skills.



### Fitness (H.R.E.)

You will develop an understanding of why fitness testing needs to be accurate and reliable. Comparing data to norm tables.



Autumn Term

### Rugby

You will learn more laws of the game and develop skills to play successfully. The skills you will develop are how to defend as a team, pass, beat defenders, tackle and present the ball.



### Netball

You will develop the basic principles of the game, positions and areas on court. You will refine the different passes and where to pass as well as attacking and defending strategies. You will also learn tactics such as rebounds and more complex set plays.



Your Physical Education journey starts here...



### SHOW YOUR COMMITMENT...

How many of these can you complete?

Try your best in all lessons.

Bring your PE kit to all lessons.

Attend at least one extracurricular club each term.

Represent Thomas Adams in a sporting fixture.