Falconer School

Curriculum Intent:

We are committed to providing a personalised curriculum which allows students to grow in confidence, build resilience and realise their full potential; equipping them with the skills and knowledge needed for future success.

Course Information			
Year: 8		**Subject: P.E**	
Subject	P.E	**Subject Lead contact information**	JFisher@falconer.herts.uk
Exam Board		**Specification code**	

Subject Content

We provide pupils the chance to engage in a wide range of sports and physical activities which will inspire them to lead healthy, active lives after they leave Falconer School. In addition through curricular and extra-curricular activities, pupils are developing their social, communication and independence skills, resulting in them being confident, resilient and independent young people who are prepared for adulthood.

Differentiation

Differentiation is the way the teacher adapts the lesson to provide the right kind of challenge to each student. This allows each student to access the same sport, at their own level. Some examples of differentiation used in P.E. are:

- Ability groups
- Cooperative learning groups
- Rules and conditions in games to support the learner
- Strategic placement of Teaching Assistant
- Modify the equipment
- More or less time for the task
- Chunking lesson
- Focus on skills and drills and not on competitive games
- Linking lessons to student's interests
- Giving responsibility to students, such as being captain or referee

Autumn 1	**<u>Football</u>** The aim is to get the students involved with team sport, a focus on building relationships with peers, in an encouraging positive atmosphere. Students will develop skills and techniques previously learnt in year 7 by participating in skill games. Students will then learn new skills such as side foot shooting into the corner of the goal, crossing, long passing, skilful dribbling, lifting heads up before passing and ball control. Once the students get a basic understanding of these skills they will be put into skill and conditioned games. **<u>Key Vocabulary</u>** Midfield, defender, goalkeeper, striker, offside, far post, near post, curve, power, side foot, weak foot
Autumn 2	**<u>Rugby</u>** The aim is to get the students involved with team sport, a focus on building relationships with peers, in an encouraging positive atmosphere. Students will develop skills and techniques previously learnt in year 7 by participating in skill games. Students will then learn new skills

	such as backwards passing, offloading, evasion, long passing and moving the ball between hands. Once the students get a basic understanding of these skills they will be put into skill and conditioned games. **Key Vocabulary** Side step, offload, spin pass, push pass, evasion, handoff, line break, chop tackle.
Spring 1	Health and fitness Students will be taught the rules within the gym and how to use the equipment safely. This term is based around students understanding the importance of a healthy lifestyle. The students will take part in a six-week programme based around progressive overload, the use of progressive overload is used to increase student's self-confidence. Students will also compete against each other and try and get better scores in each exercise they do. Students will also take part in the bleep test, Illinois agility test and the 30 metres sprint. **Key Vocabulary** Agility, speed, power, elliptical trainer, rowing machine, shuttle run, stamina, core, strength.
Spring 2	**Basketball** The basketball term will be focussed on improving fitness, hand eye coordination and movement into space. Students will develop skills and techniques previously learnt in year 7 by participating in skill games. Students will then learn new skills such as three-point shooting, layups, movement off the ball, dribbling with both hands and one on one defending. **Key Vocabulary** Layups, push pass, bounce pass, rebound, block, free throw, centre, point guard, press
Summer 1	**Tennis/Handball** Students will be taught tennis will smaller group sizes and handball with the full year group. This is a term that we will be focussing on improving hand eye coordination. Tennis we will be looking at forehand and backhand techniques, drop shots, defending the base line and serving. For Handball, we will be looking at jump shooting, under hand passing, catching on the move, bounce passing and flair shooting. Once students have a basic skill level, they will be put into skill and conditioned games. **Key Vocabulary** Backhand, forehand, drop shot, base line, court, net, opposition, doubles, singles, fault, let, power, curve
Summer 2	**Cricket** Students will be taught the cricket rules and the different positional roles. Students will play games with different rules to keep each student engaged. The skills taught in this term will be spin bowling, pace bowling, fielding, slogging, high catching, block, cover drive and throwing into the wicket keeper. Students will then be put into conditioned games using each skill. **Key Vocabulary** Boundary, six, four, run out, wicket, catch, out, not out, shot, wide, stumps, off stump, sprint, slog

Assessment Details
Students will be assessed at the end of each sport. Students will be put into two teams and play a match. I will assess the students on the criteria listed above.

What can I do to support my child at home?
Students to join outside clubs in a range of sports, this will help bring a higher level of skill to sessions and will build on the current sessions of P.E. this would help build sportsmanship and learning how to be in a team. Students can also practice techniques taught in P.E lessons at home or in a park to progress further, this will help if they choose P.E as a subject.

Recommended resources
YouTube, watching sporting events, RFU website, Olympics Website.

Teaching Staff Contact Details			
Name	**Role**	**Email**	**Tel**
J.fisher	P.E teacher	J.fisher@falconer.herts.sch.uk	020 8950 2505