

Barnsley Academy – (Y8) (Physical Education) Curriculum Overview 2023-24

| Autumn Term | | | Spring Term | | | Summer Term | | |
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| | Class Focus | Extra-curricular opportunities | | Class Focus | Extra-curricular opportunities | | Class Focus | Extra-curricular opportunities |
| Week 1 | Netball - Passing Football – Passing Badminton - Racket familiarisation and low serve Gymnastics – Rotations / modes of travel | - Boys football - Girls football - Netball - Badminton | Week 1 | Group change activity – Activity restarts Netball - Passing Football – Passing Badminton - Racket familiarisation and low serve Gymnastics – Rotations / modes of travel | - Boys football - Girls football - Netball - Badminton | Week 1 | Athletics – Classes to rotate round dependent on space / equipment - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running | - Rounders - Cricket - Athletics |
| Week 2 | Netball – Footwork Football – Dribbling Badminton - High serve Gymnastics – Balancing / partner balances | - Boys football - Girls football - Netball - Badminton | Week 2 | Netball – Footwork Football – Dribbling Badminton - High serve Gymnastics – Balancing / partner balances | - Boys football - Girls football - Netball - Badminton | Week 2 | Athletics – Classes to rotate round dependent on space / equipment - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running | - Rounders - Cricket - Athletics |
| Week 3 | Netball – Dodging and space Football – Defending and tackling Badminton - Overhead and underarm clear Gymnastics – Partner balances / group balances | - Boys football - Girls football - Netball - Badminton | Week 3 | Netball – Dodging and space Football – Defending and tackling Badminton - Overhead and underarm clear Gymnastics – Partner balances / group balances | - Boys football - Girls football - Netball - Badminton | Week 3 | Athletics – Classes to rotate round dependent on space / equipment - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running | - Rounders - Cricket - Athletics |
| Week 4 | Netball - Shooting Football – Shooting Badminton - Net and drop shot Gymnastics – Rhythmic gymnastics | - Boys football - Girls football - Netball - Badminton | Week 4 | Netball - Shooting Football – Shooting Badminton - Net and drop shot Gymnastics – Building a routine to music | - Boys football - Girls football - Netball - Badminton | Week 4 | Athletics – Classes to rotate round dependent on space / equipment - High jump - 100m sprint - Discus - Long jump - Relays | - Rounders - Cricket - Athletics |

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| | | | | | | | <ul style="list-style-type: none"> - Shotput - Javelin - Middle distance running | |
| Week 5 | <p>Netball – Defending and marking</p> <p>Football – Attacking and possession</p> <p>Badminton - Shot sequencing and selection</p> <p>Gymnastics – Rhythmic gymnastics</p> | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | Week 5 | <p>Netball – Rules and regulations / game play assessment</p> <p>Football – Rules and regulations / game play assessment</p> <p>Badminton - Rules and regulations / game play assessment</p> <p>Gymnastics – Performance and assessment</p> | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | Week 5 | <p>Athletics – Classes to rotate round dependent on space / equipment</p> <ul style="list-style-type: none"> - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |
| Week 6 | <p>Netball - Positional play</p> <p>Football – Tactics and strategies e.g. formation</p> <p>Badminton - Shot sequencing and selection</p> <p>Gymnastics – Building a routine to music</p> | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | Week 6 | <p>Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc.</p> | <ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance | Week 6 | <p>Athletics – Classes to rotate round dependent on space / equipment</p> <ul style="list-style-type: none"> - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |
| Week 7 | <p>Netball – Rules and regulations / game play</p> <p>Football – Rules and regulations / game play</p> <p>Badminton - Rules and regulations / game play</p> <p>Gymnastics – Routine development</p> | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | Week 7 | <p>Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc</p> <p>.</p> | <ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance | Week 7 | <p>Athletics – Classes to rotate round dependent on space / equipment</p> <ul style="list-style-type: none"> - High jump - 100m sprint - Discus - Long jump - Relays - Shotput - Javelin - Middle distance running | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |
| Week 8 | <p>Netball – Rules and regulations / Game play assessment</p> <p>Football – Rules and regulations / Game play assessment</p> <p>Badminton - Rules and regulations / Game play assessment</p> | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | Week 8 | <p>Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc.</p> | <ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance | Week 8 | <p>Rounders – Throwing and catching</p> <p>Cricket – Throwing and catching</p> | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |

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| | Gymnastics – Performance and assessment | | | | | | | |
| Week 9 | Group change activity – Activity restarts Netball - Passing Football – Passing Badminton - Racket familiarisation and low serve Gymnastics – Rotations / modes of travel | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | Week 9 | Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc. | <ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance | Week 9 | Rounders – Short and long barrier Cricket – Short and long barrier | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |
| Week 10 | Netball – Footwork Football – Dribbling Badminton - High serve Gymnastics – Balancing / partner balances | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | Week 10 | Group appropriate activity – Teacher assessment of activity area that would benefit groups physical literacy e.g. basketball, rugby, trampolining etc. | <ul style="list-style-type: none"> - Basketball - Rugby - Trampolining - Fitness / dance | Week 10 | Rounders – Batting technique Cricket – Batting | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |
| Week 11 | Netball – Dodging and space Football – Defending and tackling Badminton - Overhead and underarm clear Gymnastics – Partner balances / group balances | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | | | | Week 11 | Rounders – Bowling technique Cricket – Bowling | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |
| Week 12 | Netball - Shooting Football – Shooting Badminton - Net and drop shot Gymnastics – Rhythmic gymnastics | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | | | | Week 12 | Rounders – Tactics e.g. bowling, batting and fielding Cricket – Tactics e.g. bowling, batting and fielding | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |
| Week 13 | Netball – Defending and marking Football – Attacking and possession Badminton - Shot sequencing and selection Gymnastics – Building a routine to music | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | | | | Week 13 | Rounders – Rules and regulations / game play Cricket – Game play assessment | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |
| Week 14 | Netball - Positional play Football – Tactics and strategies e.g. formation Badminton - Shot sequencing and selection Dance – Choreography development | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | | | | Week 14 | Rounders – Game play assessment Cricket – Game play assessment | <ul style="list-style-type: none"> - Rounders - Cricket - Athletics |

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| Week 15 | Netball – Rules and regulations / Game play assessment Football – Rules and regulations / Game play assessment Badminton - Rules and regulations / Game play assessment Gymnastics – Performance and assessment | <ul style="list-style-type: none"> - Boys football - Girls football - Netball - Badminton | | | |
| Assessment | <ul style="list-style-type: none"> - KPI teacher assessment throughout (See KPI map for activity guidance) - Self / peer assessment and coaching | Assessment | <ul style="list-style-type: none"> - KPI teacher assessment throughout (See KPI map for activity guidance) - Self / peer assessment and coaching | Assessment | <ul style="list-style-type: none"> - KPI teacher assessment throughout (See KPI map for activity guidance) - Self / peer assessment and coaching |