KS3 – Year 8 – PE		
Term	**Topic Titles**	**Brief Overview**
Year 8 Curriculum MOVEMENT 4, will be taught using a whole-part-whole method of teaching to allow application of Basic Movement Skills to flourish in game/problem solving based scenarios. Pupils will explore how they can combine their BMS in order to support their performance in a range of physical activities and games.		
1	Movement 4 Co-Ordination	Can you coordinate different body parts to perform a wide range of physical actions, both left and right side? In games or sports if we are able to utilise both sides of our body it gives us more options in which to attack and defend from. Coordination also allows our bodies to move in such a way that it can problem solve far more game based scenarios in a variety of situations. A well coordinated player has more chance of success in a wider range of games .
	Movement 4 Games	In this unit pupils will explore the movements that allow them to access a wide range of activities with confidence. What movements transend sports/activities to help with enjoyment and success for pupils? What can we learn from really good 'movers', what make them look effortless, and how can we adopt certain movements to help pupils perform well both individually and as a group? Pupils will take part in range of tasks to explore these very questions and they will given opportunities to use them in competitive and non competitive situations
2	Movement 4 Creativity	In this unit, pupils will explore how to move and think in a creative way. Although dance and gymnastics will feature, they will also explore how to think outside of the box with their movements in games/activities and be able to move in a more confident and interesting manner. Transferring creativity into all sports can help improve performance and teamwork. Creativity is also a process of coming up with a strategy to give your team an advantage against the opposition, so all angles of creativity will be explored.
	Movement 4 Contact	In this unit pupils will enhance their movement when in physical contact with others or implements across a range of activities, such as rugby and Gaelic football. Pupils will learn about the importance of core stability, leverage and the 'athletic stance' to allow them to best prepare against challenges they may face. These core elements will also lead to improved performances by enhancing their adaptability in activities and reducing the risk of injuries.
3	Movement 4 Maximum	In this unit, pupils will further explore and develop their athletic self moving on from the Year 7 athletic unit of work. Pupils will learn about how they can fine tune movements to maximise their performance in athletic throwing and jumping events. The unit will look at details of technique and levers to best use

		limbs and gain the most out of their movements. Pupils will work towards their Arden 5 star award whilst trying to push the boundaries of what they are capable of.
	Movement 4 Collaboration	In this unit students will learn the importance of teamwork and collaboration and will explore how this can impact problem solving. We sometimes do not realise the importance of working with others and the effect that inefficient teamwork can have. Working together for the common good, to realise a goal or make others in our communities lives better. To lead and develop other people by focusing on self confidence to talk/contribute/action ideas, but we must first make them feel safe, and not feel judged. The purpose of this unit is to help students work closely in teams to get the best out of each other and provide them with skills that are vital to have around school and at home.