1. PE Curriculum map: Year 8

			Lesson Focus	Homework	Assessment	Enrichment
Autumn 1	06.09.21	Week 1	Maximum Heart Rate	Read into this in more details: https://www.bbc.co.uk/bitesize/guides/zqbfg82/revision/1 https://www.bbc.co.uk/bitesize/guides/zqbfg82/revision/2 https://www.bbc.co.uk/bitesize/guides/zqbfg82/revision/3		**Enrichment Clubs** are advertised around school, on our website and our social media. **Trips**: - Champoins League Fixure **Interhouse Competitions:** - Football - Netball
	13.09.21	Week 2	How to take heart rate	Watch the following video: https://www.youtube.com/watch?v=W5K_HR6hxMY		
	20.09.21	Week 3	Locations to take heart rate	Read into this in more details: https://www.bbc.co.uk/bitesize/guides/zxhxnbk/revision/2		
	27.09.21	Week 4	Aerobic exercise / Anaerobic exercise	Watch the following videos: https://www.youtube.com/watch?v=sVTDF6xZMKg https://www.youtube.com/watch?v=8Y_FdjI2v4I		
	04.10.21	Week 5	Aerobic exercise sporting examples	Spellings		
	18.10.21	Week 6	Anaerobic exercise sporting examples	**Year 8 PE Quiz 1**	**Year 8 PE Quiz 1**	
Autumn 2	01.11.21	Week 7	Agility	Read into this in more details: https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2		**Enrichment Clubs** are advertised around school, on our website and our social media. **Trips**: - International Football Fixure - Basketball Fixture **Interhouse Competitions:** - Badminton - Trampolining
	08.11.21	Week 8	Balance	Watch the following video: https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2		
	15.11.21	Week 9	Coordination	Read into this in more details: https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/2		
	22.11.21	Week 10	Cardio-vascular endurance	Spellings		
	29.11.21	Week 11	Flexibility	Revision		
	06.12.21	Week 12	Muscular endurance	**Year 8 PE Quiz 2**	**Year 8 PE Quiz 2**	
	13.12.21	Week 13	Consolidation Week	Consolidation Week		
Spring 1	03.01.22	Week 14	Power	Read into this in more details: https://filestore.aqa.org.uk/textbooks/sample/gcse-pe/AQA-8582-HODDER-SAMPLE.PDF		**Enrichment Clubs** are advertised around school, on our website and our social media. **Interhouse Competitions:** - Basketball - Handball
	10.01.22	Week 15	Reaction time	Watch the following video: https://www.youtube.com/watch?v=pvvQnib23Xc		
	17.01.22	Week 16	Speed	Spellings		
	24.01.22	Week 17	Strength	Revision		
	31.01.22	Week 18	**Knowledge Test 1**	**Knowledge Test 1**	**Knowledge Test 1**	

	07.02.22	Week 19	Consolidation Week	Consolidation Week		
	14.02.22	Week 20	Consolidation Week	Consolidation Week		
Spring 2	28.02.22	Week 21	Interval Training	Read into this in more details: https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/2		**Enrichment Clubs** are advertised around school, on our website and our social media. **Trips**: - Netball Super League **Interhouse Competitions:** - Rugby - Hockey - Gymnastics
	07.03.22	Week 22	Interval Training	Watch the following video: https://www.youtube.com/watch?v=kNpmxCUL1E8		
	14.03.22	Week 23	Continuous Training	Spellings		
	21.03.22	Week 24	Continuous Training	Revision		
	28.03.22	Week 25	Circuit Training	**Year 8 PE Quiz 3**	**Year 8 PE Quiz 3**	
	04.04.22	Week 26	Circuit Training	Consolidation Week		
Summer 1	25.04.22	Week 27	Plyometric Training	Read into this in more details: https://www.bbc.co.uk/bitesize/guides/zgbyrdm/revision/2		**Enrichment Clubs** are advertised around school, on our website and our social media. **Trips**: - Woman's FA Cup Final **Interhouse Competitions:** - Rounders - Cricket
	02.05.22	Week 28	Plyometric Training	Watch the following video: https://www.youtube.com/watch?v=JeUBWyDzVhY		
	09.05.22	Week 29	Fartlek Training	Spellings		
	16.05.22	Week 30	Fartlek Training	Revision		
	23.05.22	Week 31	Static Stretching	**Year 8 PE Quiz 4**	**Year 8 PE Quiz 4**	
Summer 2	06.06.22	Week 32	FITT	Read into this in more details: https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/1		**Enrichment Clubs** are advertised around school, on our website and our social media. **Trips**: - Cricket T20 - Indoor Athletics **Interhouse Competitions:** - Sports Day
	13.06.22	Week 33	SPORT	Watch the following video: https://www.youtube.com/watch?v=eNcxtSF2-Ac		
	20.06.22	Week 34	SPORT	Spellings		
	27.06.22	Week 35	**Knowledge Test 2**	**Knowledge Test 2**	**Knowledge Test 2**	
	04.07.22	Week 36	Consolidation Week	Consolidation Week		
	11.07.22	Week 37	Consolidation Week	Consolidation Week		
	18.07.22	Week 38	Consolidation Week	Consolidation Week		

Y8 Knowledge Maps

Year 8
Knowledge Sheet 1

Maximum Heart Rate

Max HR = 220 – AGE

Heart Rate locations
- Carotid Artery (Neck)
- Radial Artery (Wrist)

How to take your heart rate
When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute. The fitter you are the quicker your heart rate returns to resting rate.

Components of Fitness

Component of Fitness	Definition	Example
Agility	The ability to move and change direction quickly (at speed) whilst maintaining control.	Slalom Skiing Dribbling/dodging a defender
Balance	The maintenance of the centre of mass over the base of support.	Gymnastics floor/beam routine
Cardio-vascular endurance	The ability of the heart and lungs to supply oxygen to the working muscles.	Marathon runner Long distance cyclist
Co-ordination	The ability to use different (two or more) parts of the body together smoothly and efficiently.	Batting/catching in cricket Kicking a ball in football
Flexibility	The range of movement possible at a joint.	Gymnast - routine Trampolinist – basic shapes
Muscular endurance	Ability of a muscle group to undergo repeated contractions avoiding fatigue.	Rowers Swimmers
Power/explosive strength	The product of strength and speed (strength x speed).	Smash in volleyball Punch in boxing
Reaction Time	The time taken to initiate a response to a stimulus.	Starting any race (100m) Close catch in cricket
Speed	The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time (distance divided by time).	100m Sprint Accelerating past a defender
Strength	The ability to overcome a resistance	Scrum in rugby Olympic weight lifting

Aerobic Exercise
- Low to moderate exertion
- Can be maintained for a long period of time
- Energy is produced using oxygen
- Examples:
  - Walking
  - Jogging
  - Cycling
  - Swimming

Anaerobic Exercise
- Energy needed for exercise is provided in the absence of oxygen
- High intensity exercise
- Can only be maintained for a short period of time
- Can leave you breathless
- Examples:
  - 100m Sprint
  - Shot Putt

Some activities combine the two:
- Football
- Hockey
- Netball
- Basketball

Year 8
Knowledge Sheet 2

Key Principles of overload

FITT

Frequency – refers to how often someone trains. Normally training should take place three or more times a week. As fitness increases, the ability to train more often also becomes possible.

Intensity - refers to how hard you train: how fast you run/how heavy the weight is that you are lifting, etc. as fitness increases the intensity should be suitably increased.

Time – refers to how long you train for. As fitness increases, the length of time spent training may well increase.

Type – refers to the type of training used, e.g. continuous training. The training type must remain suitable to gain the specific fitness benefits that are required.

SPORT

Specificity – refer to the fact that training should be specific to the needs of an individual and the demands of their sport. E.g. a sprinter would be likely to do more anaerobic, and power work.

Progressive Overload – working harder than normal – doing this gradually means that progress and overload will take time however reduce the risk of injury.

Reversibility – if an individual stops or decreases their training level then, then fitness and performance are likely to drop.

Tedium – this refers to boredom. Training should be altered and varied to prevent an individual from suffering from this.

Training Methods			
Training Method	**Definition**	**Advantages**	**Disadvantages**
Interval Training	Involves alternating between periods of hard exercise and rest. It improves speed and muscular endurance.	Burns fat and calories quickly Adaptable Works both energy systems	Can cause injury High levels of motivation are needed Can cause dizziness and nausea
Circuit Training	Involves performing a series of exercises in a special order called a circuit. Each activity takes place at a 'station'. It can be designed to improve speed, agility, coordination, balance and muscular endurance.	Exercises can be simple/complex Can be adapted to train different COF Easy to monitor	Space is required Specialist equipment required
Continuous Training	Involves working for a sustained period of time without rest. It improves cardio-vascular fitness.	Little/no equipment Simple to do/can be done anywhere	Boring/tedius/time consuming Can cause injury
Static Stretching	Essential training for all athletes in all sports and activities. Time is measured by the length of hold and the recovery period between holds. Intensity is measured as a percentage of range of motion (%ROM).	Relatively safe/can be done by everyone/increases flexibility	Time consuming/over stretching can cause injury
Plyometric Training	High intensity exercise involving explosive movements. The muscle is lengthened and then rapidly shortened to develop the explosive capability of the muscle. Suitable for well-trained athletes. Very effective for developing power.	Sport specific	Disadvantage - can cause injury if athlete is not in excellent condition. High impact on the joints
Weight Training	Uses weights to provide resistance to the muscles. It improves muscular strength (high weight, low reps), muscular endurance (low weight, high reps, many sets) and power (medium weight and reps performed quickly).	Adaptable/relevant to all sports/straight forward	Heavy weights can increase blood pressure Can cause injury High level of motivation required.
Fartlek Training	'speed play' training involves varying your speed and the type of terrain over which you run, walk, cycle or ski. It improves aerobic and anaerobic fitness.	good link to invasion games – no equipment needed	time consuming/can cause injury