









The blue italic writing is GCSE PE content

Physical Education

Year 8 Dance – Musical Theatre

<p>What I need to know:</p> <p>How to choreograph a musical theatre dance using the key components in dance;</p> <ul style="list-style-type: none"> • Pathways(stepping) • Elevation(jumping) • Rotation(turning) • Gestures • Motifs • Narrative • Use of props within dance genre 	<p>Key Vocabulary:</p> <p>Genre Musicality Interpretation Levels Dynamics Motif Gestures Relationships Refine Theme Timing Expression Canon/Unison</p> 
<p>Student reference point:</p>	
 <p>Watch and try out some of the movements in this dance tutorial from Annie. https://www.youtube.com/watch?v=hvfYzQgrXgk</p>	 <p><i>Choreograph 2 bars of 8 using the links in this knowledge organiser to provide inspiration for your dance phrase</i></p>
 <p>Watch these clips from Annie and Matilda and consider how the choreography reflect the emotions of the storyline. https://www.youtube.com/watch?v=BZmdawBkK6k https://www.youtube.com/watch?v=Cexhpgf2TZw</p>	 <p>What makes a good musical in your opinion? How could you make it more enjoyable?</p>
<p>Challenge question: Find out which musical has been running for the longest time in the West End or in Broadway.</p>	
<p>Suggested reading:</p>  <p>Many musicals that we can see on stage in the West end have often been adapted from a book, for example Matilda by Roald Dahl.</p>	



Highsted Knowledge Organiser

Physical Education

Year 8 Invasion Games

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What I need to know:

Can perform a range of skills and tactics in attack and defence in isolation and within conditioned practices and competition.

- **Invasion** – Netball, Football, Basketball, Tag

Warm up, stretching, Drills and practices, conditioned games, competitive games, cool down & analysis

Key Vocabulary: *GCSE*



Invasion games
 Net/wall games
 Striking games
 Drills and practices
 Outwitting opponents
 Attack
 Defence
 Marking
 Dodging
 Leading
 Finding space
 Passing
 Receiving
 Coach
 Referee/Umpire

Student reference point:



Create your own skills practice for a sporting activity of your choice. Think about what skill or tactic you want to improve, equipment needed, space, number of people.

Can you take on the role of a coach and teach these skills or drills to your peers?



Watch the following clips to learn how to outwit your opponent in attack and defence and try to practice what you have learned in lessons and or matches.

<https://www.youtube.com/watch?v=8XBSak8IUHE>
 Beating a defender in football

<https://www.youtube.com/watch?v=4c-bMycWm2A>
 Essential defending skills in netball



Research the rules for a game of your choice.

Are there any rules you would modify/remove/add in to improve the game?



Attend extra-curricular clubs within School to develop skills and fitness further.

Speak to your PE teacher about clubs and gyms in the wider community, we have links to athletics, hockey, cricket, netball, swimming, football and volleyball clubs.

Attend live matches/games if you can as this is a great way to develop knowledge of skills, tactics and strategies

Challenge question:

When did your favourite game establish its national governing body?

Suggested reading:

How to improve at football (library)
 Soccer drills- age 12 to 16 (library)
 Basketball Fundamentals (library)
 Netball - non fiction books in library



Rebound (library)
 Team games - invasion games like football
 Game on- edited by Laura Silverman
 You are a champion- Marcus Rashford