



Year 8 PE Knowledge Organiser

Year Group & Topic Title

Year 8 – Developing Physical Education: Tactics, Control & Fitness

Key Vocabulary

- Coordination: Smooth and efficient movement patterns (*Hands*)
- Muscular endurance: Muscles working for a long period (*Hands*)
- Communication: Sharing information effectively during gameplay (*Heart*)
- Leadership: Supporting and guiding others (*Heart*)
- Strategy: Planned actions to outwit an opponent (*Head*)
- Evaluation: Analysing performance and identifying improvements (*Head*)

Key Knowledge

- Warm-up must include: Pulse Raiser, Mobility, Sport-Specific Activity
- Lesson Structure: Warm-up → Skill Introduction → Skill Progression → Conditioned Game
- Understanding basic tactics and how to apply them in a game
- Continued focus on Head (thinking), Heart (attitude), and Hands (skills)
- The role of communication and leadership in team performance

Lesson Sequence

1. Introduction – Learning objectives (Head, Heart or Hands)
2. Warm-up – Pulse Raiser, Mobility, Sport-Specific
3. Skill Introduction – Focused technique or tactic
4. Skill Progression – Using the skill under game pressure
5. Conditioned Game – Apply skills with added rules or constraints
6. Class Discussion – Reflect on performance and link to Head, Heart, Hands

Possible Misconceptions

- Leadership only means being team captain
- Fitness doesn't impact skill performance
- Strategy is only for competitive sports
- You can't learn tactics unless you're 'good' at sport
- Verbal communication is the only type of teamwork



3 Key Questions

1. How can we use strategy and communication to improve team performance?
2. What is the difference between muscular and cardiovascular endurance?
3. How do you evaluate your performance using the Head, Heart, Hands model?