

Physical Education Department

Herbert Morrison Technical High School

PROMOTING A CULTURE OF EXCELLENCE

Curriculum Outline Grade 8.

Teachers: O Forbs, D Black

Academic year: September 2020- May 2021

From: Mr. C. Grant (H.O.D.)

Overview:

- The syllabus is divided into two sections Physical Education and Sports
- Each sport will carry a practical and theory component.
- Students must be in the correct participation uniform (gears). Gears are available at school cost \$ 2500.
- Textbook: PE 1-2-3 by G.Lai and websites to gather information
- Teachers will provide notes.
- Method of testing (Practical , multiply choice, short answer, projects)
- Time table one double session 70 minutes and a single session 35 minutes.
- Students will be assessed at least twice each month
- Students will have one grade record for each month
- Students will be assessed with one common paper at the end of the academic year

Physical Education topics:

Physical Education under covid 19 conditions, Warming up and cooling down,
Specific look at the following systems of the human body

The Respiratory System

The function of the respiratory system?

What makes up the respiratory system?

How does the respiratory system work?

How do you breathe in and out?

What are the effects of physical activity on the Respiratory System?

The Digestive system

What makes up the digestive system?

What are the function of the digestive system?

What is digestion?

How dose Digestion occur?

What are the nutrients absorbed during digestion?

Link between physical performance and the digestive system

The Nervous System

What are the functions of the Nervous system?

The Neuron

How do neuron relay message

What are the different types of neurons?

What are the divisions of the Nervous System?

Division of the Nervous system

What is the link between our nervous system and Physical Education?

Sports

Sports to be covered for the academic year. Track and Field, Netball girls (only), Football and Basketball and cricket .

Track and field:

Objectives:

- Understand the history of track and field
- Outstanding achievement in track and field at Herbert Morrison Technical
- Identify the areas on the field where the various field events occur and the position on the track where the different races start
- Describe and demonstrate the basic technique of running, jumping and throwing in track and field

Netball for the girls only

Objectives:

- Understand the history of netball
- describe how the game of netball is played
- describe the netball court
- identify the different playing positions
- describe and demonstrate skills such as passing, receiving, pivoting and shooting
- identify the equipment used in the game of netball
- Understand some of the terms used in netball

Football

Objectives:

- **History of Herbert Morrison football team outstanding performance**
- **History and development of the game football**
- Local football Organizations
- The Jamaica referee association,
- Jamaica football federation
- State the dimensions of the football
- Identify the field position

- Identify the equipment used in the game of football
- describe and demonstrate skill such as passing and receiving ,dribbling ,shouting and goalkeeping .

Basketball

Objectives:

- understand the history of basketball
- history of Herbert Morrison football team outstanding performance
- describe how the game of basketball is played
- describe the basketball court
- describe and demonstrate skill such as dribbling ,passing ,receiving pivoting and shooting
- identify the equipment used in the game of basketball
- identify the different playing positions
- demonstrate some of the signals used in basketball
- identify some of the rules of the game
- understand some of the rules of the game
- understand some of the terms used in basketball

Cricket :

- Understand the history of cricket
- Identify the field position
- State the dimension of the pitch, crease area and field
- Identify the equipment used in the game of cricket
- Describe and demonstrate skills such as batting, bowling, fielding and wicket keeping
- List the ten ways the batsman can be dismissed
- Demonstrate the basic umpiring signals
- Understand some of the terms used in cricket