

PE Unit Overview Year 8

During the school closure, students have been focusing on practical skills using circuit training and general fitness. The work and the feedback that we have seen from students has been very good. We will look to continue this with by working on Athletics on their return. During Athletics, students will be learning a number of skills including teamwork, cardio-vascular fitness, endurance, tactical awareness and co-ordination to name but a few. All aspects of Athletics will be covered during the first half term, including all track and field events. The activities that would have been delivered under normal circumstances will be delivered within the Summer term. Team sports should have been covered at this point with a skill focus of teamwork, spatial awareness, decision making, communication and rules of competition.

Across all schemes of work in PE, we will aim to promote the 4 key areas set out in the National Curriculum Programmes of Study to ensure that all students:

1. Develop competence to excel in a broad range of physical activities
2. Are physically active for sustained periods of time
3. Engage in competitive sports and activities
4. Lead healthy, active lives

Physical Education - Year 8 Term 1

What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
<p>All students will be taking part in the following activities:</p> <p>Netball Basketball Handball Rugby</p>	<p>Knowledge Key specific terminology and vocabulary Rules and regulations Development of motor skills Development and understanding of key concepts/skills that be used across different sports How to lead warm ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance and understand areas of weakness.</p>	<p>A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, self-motivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format.</p>	<p>Basic skills learnt within Year 7 are re-capped and built upon. Small-sided games and scenarios are developed into full-sided activities. Previous skills taught within isolation are progressed into game-like scenarios and matches enabling students to learn and develop an in-game understanding.</p>	<p>Extra-curricular clubs both during lunchtimes and after school</p>

	<p>Understanding Decision making. Developing, adapting and refining skills. Tactical development within game situations. Attack v defence scenarios looking at how to beat an opponent.</p> <p>Skills Practical skills (with increased amount of pressure from opposition) Communication Specific skills within sports: Passing Receiving Moving (with/without ball) Tackling Shooting Beating an opponent</p>	<p>Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities.</p>	<p>Previously learnt skills are transferred across sports and clearly referenced. Knowledge and understanding of skills and rules are used to help focus on analysis of own performance.</p>	
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Physical Education - Year 8 Term 2

What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
<p>All students will be taking part in the following activities:</p> <p>Gymnastics Dance Health Related Fitness Badminton Football</p>	<p>Knowledge Key specific terminology and vocabulary Rules and regulations Development of basic fundamental motor skills Development and understanding of key concepts/skills that be used across different sports How to lead warm ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance and understand areas of weakness.</p> <p>Understanding Decision making Developing, adapting and refining skills Aesthetic appreciation</p> <p>Skills Practical skills Communication Specific skills within sports: Passing Receiving Moving (with/without ball) Tackling Shooting Synchronisation Counter-balance Travel/movement Cannon</p>	<p>A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, self-motivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format. Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities.</p>	<p>Basic skills learnt within Year 7 are re-capped and built upon. Key concepts previously learnt are now linked together. Knowledge and understanding of skills and rules are used to help focus on analysis of own performance.</p>	<p>Extra-curricular clubs both during lunchtimes and after school</p>

Physical Education - Year 8 Term 3

What are we learning?	What knowledge, understanding and skills will we gain?	What does mastery look like?	How does this build on prior learning?	What additional resources are available?
<p>All students will be taking part in the following activities:</p> <p>Athletics Tennis Cricket Rounders</p>	<p>Knowledge Key specific terminology and vocabulary Rules and regulations Development of basic fundamental motor skills Development and understanding of key concepts/skills that be used across different sports How to lead warm ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance and understand areas of weakness.</p> <p>Understanding Decision making Developing, adapting and refining skills</p> <p>Skills Practical skills Communication Specific skills within sports: Running Throwing Jumping Racket skills (transferred from badminton)</p>	<p>A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, self-motivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format. Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities.</p>	<p>Basic skills learnt within Year 7 are re-capped and built upon. Previous skills taught within isolation are progressed into game-like scenarios and matches enabling students to learn and develop an in-game understanding. Previously learnt skills are transferred across sports and clearly referenced. Knowledge and understanding of skills and rules are used to help focus on analysis of own performance.</p>	<p>Extra-curricular clubs both during lunchtimes and after school</p>

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