

Year 8 Big Picture – Physical Education

Autumn 01 Weeks 1 – 7 (7 weeks) Autumn 02 Weeks 8 – 14 (7 weeks)	Spring 01 Weeks 15-21 (7 weeks) Spring 02 Weeks 22 – 26 (5 weeks)	Summer 01 Weeks 27-32 (6 weeks) Summer 02 Weeks 33-39 (7 weeks)
<p>Content: Year 8 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.</p> <p>Boys groups will take part in Football, Rugby, Trampoline, Basketball and Badminton.</p> <p>Girls groups will take part in Netball, Trampoline, Badminton and Football.</p> <p>During Invasion Games, students will focus on:</p> <ul style="list-style-type: none"> ➤ Skill combinations and more complex skills and skills under pressure ➤ Unit attacking and defending skills and principles ➤ More complex tactics ➤ Small game rules and positions <p>During Net and Wall Games, students will focus on:</p> <ul style="list-style-type: none"> ➤ Coordination and footwork skills in combination ➤ Wider range of skills to maintain and win rallies, including use of backhand ➤ Attacking and defending tactics ➤ More advanced rules and officiating <p>During Trampoline, students will focus on:</p> <ul style="list-style-type: none"> ➤ Fundamental skills such as shapes, balances, twists, turns & landings 	<p>Content: Year 8 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.</p> <p>Boys groups will take part in Trampoline, Basketball, Badminton and Tchoukball.</p> <p>Girls groups will take part in Tchoukball and Tag Rugby.</p> <p>During Invasion Games, students will focus on:</p> <ul style="list-style-type: none"> ➤ Skill combinations and more complex skills and skills under pressure ➤ Unit attacking and defending skills and principles ➤ More complex tactics ➤ Small game rules and positions <p>During Net and Wall Games, students will focus on:</p> <ul style="list-style-type: none"> ➤ Coordination and footwork skills in combination ➤ Wider range of skills to maintain and win rallies, including use of backhand ➤ Attacking and defending tactics ➤ More advanced rules and officiating <p>During Trampoline, students will focus on:</p> <ul style="list-style-type: none"> ➤ Fundamental skills such as shapes, balances, twists, turns & landings ➤ Understand the Health & Safety 	<p>Content: Year 8 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.</p> <p>Boys groups will take part in Tchoukball, Cricket & Athletics.</p> <p>Girls groups will take part in Badminton, Trampoline, Rounders and Athletics.</p> <p>During Trampoline, students will focus on:</p> <ul style="list-style-type: none"> ➤ Fundamental skills such as shapes, balances, twists, turns & landings ➤ Understand the Health & Safety ➤ Individual sequencing of routines ➤ Strength and suppleness when working with others <p>During Net and Wall Games, students will focus on:</p> <ul style="list-style-type: none"> ➤ Coordination and footwork skills in combination ➤ Wider range of skills to maintain and win rallies, including use of backhand ➤ Attacking and defending tactics ➤ More advanced rules and officiating <p>During Athletics events, students will focus on:</p> <ul style="list-style-type: none"> ➤ More advanced running (including over barriers if not yet covered), jumping and

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<ul style="list-style-type: none"> ➤ Understand the Health & Safety ➤ Individual sequencing of routines ➤ Strength and suppleness when working with others 	<ul style="list-style-type: none"> ➤ Individual sequencing of routines ➤ Strength and suppleness when working with others <p>During Striking & Fielding Games, students will focus on:</p> <ul style="list-style-type: none"> ➤ More advanced skills that can be used in defensive and offensive situations ➤ More complex tactics ➤ Small games rules and positions 	<p>throwing skills applied to specific events (and multi-events) as appropriate. Concept of PB and how to improve on performance</p> <ul style="list-style-type: none"> ➤ Competition-specific rules <p>During Striking & Fielding Games, students will focus on:</p> <ul style="list-style-type: none"> ➤ More advanced skills that can be used in defensive and offensive situations ➤ More complex tactics ➤ Small games rules and positions
<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.</p> <p>Mini Test 1 for FOOTBALL CORE TASK 3v2: Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal</p> <p>Mini Test 1 for NETBALL/BASKETBALL CORE TASK 3v2: Students’ knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation</p> <p>Mini Test 1 for RUGBY CORE TASK – 3v3 Students’ knowledge and application of correct tackling, correct passing techniques, movement off the ball and decision making, when attacking and defending in a competitive situation</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.</p> <p>Mini Test 1 for FOOTBALL/TCHOUKBALL CORE TASK 3v2: Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal</p> <p>Mini Test 1 for NETBALL/BASKETBALL CORE TASK 3v2: Students’ knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation</p> <p>Mini Test 1 for RUGBY CORE TASK – 3v3 Students’ knowledge and application of correct tackling, correct passing techniques, movement off the ball and</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.</p> <p>Mini Test 1 for TRAMPOLINING CORE TASK 5 Bounce Routine Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work</p> <p>Mini Test 1 for BADMINTON CORE TASK – Singles Game Students will play a singles match starting with a serve and use a variety of shots within a rally.</p> <p>Mini Test 1 for CRICKET CORE TASK Diamond Cricket Students will get into teams, playing the role of batter, wicket keeper, fielder, and a bowler.</p>

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