

Year 8 Big Picture – Physical Education



Autumn 01
Weeks 1 – 7 (7 weeks)
Autumn 02
Weeks 8 – 14 (7 weeks)

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.

Boys groups will take part in Football, Rugby, Trampolining, Basketball and Badminton.

Girls groups will take part in Netball, Trampolining, Badminton and Football.

During Invasion Games, students will focus on:

- > 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

During Net and Wall Games, students will focus on:

- 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

During Trampolining, students will focus on:

Fundamental skills such as shapes, balances, twists, turns & landings

Spring 01 Weeks 15-21 (7 weeks) Spring 02 Weeks 22 – 26 (5 weeks)

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.

Boys groups will take part in Trampolining, Basketball, Badminton and Tchoukball.

Girls groups will take part in Tchoukball and Tag Rugby.

During Invasion Games, students will focus on:

- 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

During Net and Wall Games, students will focus on:

- 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

During Trampolining, students will focus on:

- Fundamental skills such as shapes, balances, twists, turns & landings
- Understand the Health & Safety

Summer 01 Weeks 27-32 (6 weeks) Summer 02 Weeks 33-39 (7 weeks)

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.

Boys groups will take part in Tchoukball, Cricket & Athletics.

Girls groups will take part in Badminton, Trampolining, Rounders and Athletics.

During Trampolining, students will focus on:

- Fundamental skills such as shapes, balances, twists, turns & landings
- Understand the Health & Safety
- Individual sequencing of routines
- Strength and suppleness when working with others

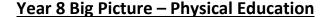
During Net and Wall Games, students will focus on:

- 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

During Athletics events, students will focus on:

More advanced running (including over barriers if not yet covered), jumping and







- Understand the Health & Safety
- Individual sequencing of routines
- > Strength and suppleness when working with others
- Individual sequencing of routines
- Strength and suppleness when working with others

During Striking & Fielding Games, students will focus on:

- More advanced skills that can be used in defensive and offensive situations
- More complex tactics
- > Small games rules and positions

throwing skills applied to specific events (and multi-events) as appropriate. Concept of PB and how to improve on performance

Competition-specific rules

During Striking & Fielding Games, students will focus on:

- More advanced skills that can be used in defensive and offensive situations
- More complex tactics
- Small games rules and positions

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.

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

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

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

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.

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

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

Mini Test 1 for RUGBY CORE TASK – 3v3

Students' knowledge and application of correct tackling, correct passing techniques, movement off the ball and

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.

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

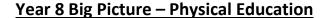
Mini Test 1 for BADMINTON CORE TASK – Singles Game

Students will play a singles match starting with a serve and use a variety of shots within a rally.

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.







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

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

decision making, when attacking and defending in a competitive situation

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

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

Mini Test 1 for TCHOUKBALL CORE TASK 3V1:

3 v 1 attacking finishing with a shot at goal. Defending Delay and Deny.

Mint Test 1 for ROUNDERS CORE TASK Game

Mini Test 1 for ATHLETICS

No Core Task but students' performances in sprints, middle distance, throws and jumps will be measured against time and distance