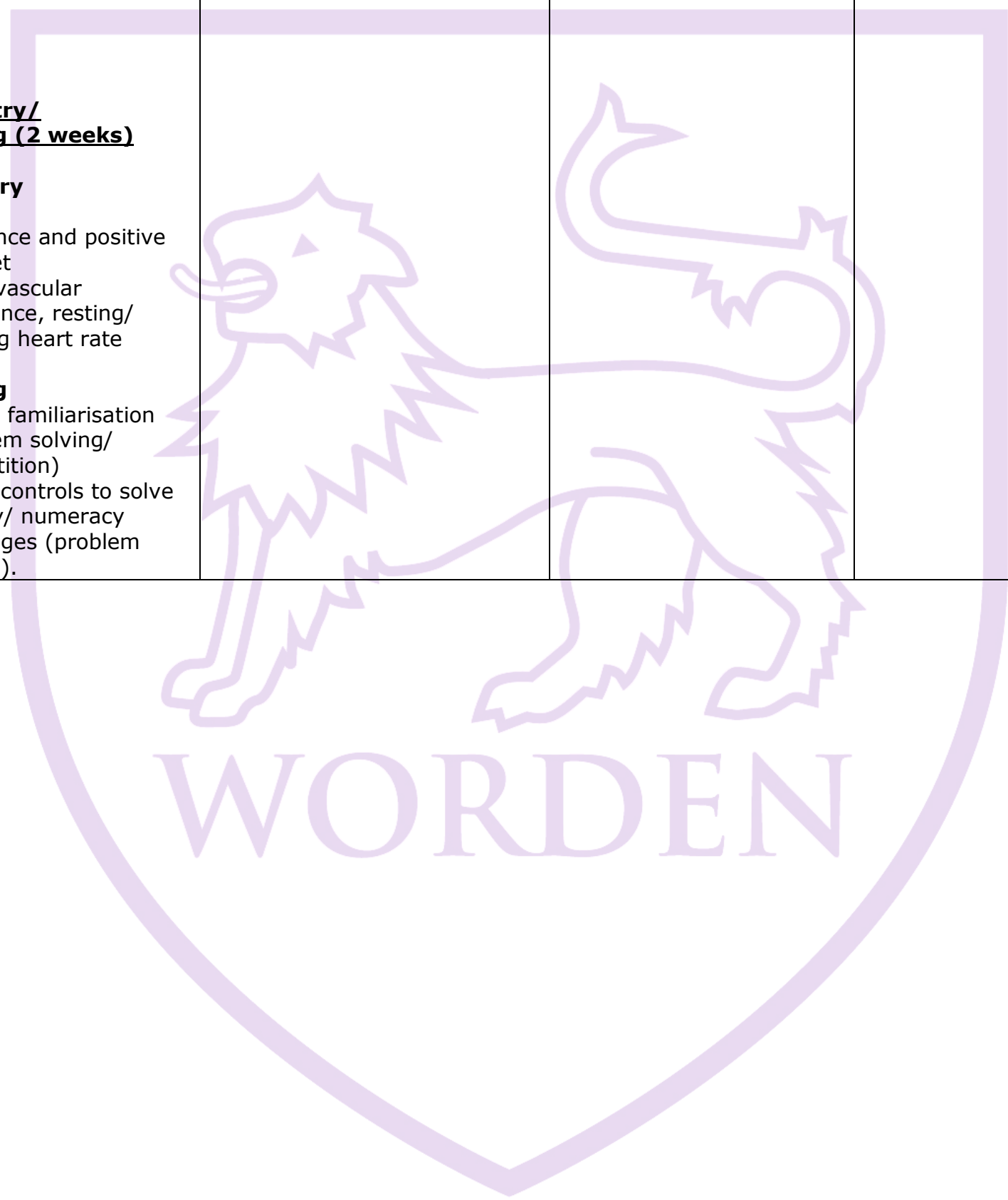


**Subject: Physical Education**

**Year: 8**

<p><b>Autumn HT 1</b></p> <p><b>Netball or Football</b> (Developing Techniques, Tactics &amp; Strategies)</p>	<p><b>Autumn HT 2</b></p> <p><b>Group 1 (Mixed) Basketball</b> (Developing Techniques &amp; Tactics and Strategies)</p> <p><b>Group 2 (Mixed) Trampoline</b> (Developing Techniques &amp; Analysing Performance)</p> <p><b>Cross Country &amp; Orienteering</b> (Development of Personal Health, Problem Solving)</p>	<p><b>Spring HT 1</b></p> <p><b>Group 1 (Mixed) Trampoline</b> (Developing Techniques &amp; Analysing Performance)</p> <p><b>Group 2 (Mixed) Basketball</b> (Developing Techniques &amp; Tactics and Strategies)</p>	<p><b>Spring HT 2</b></p> <p><b>Boys Rugby League</b> (Developing Techniques, Tactics &amp; Strategies)</p> <p><b>Girls Rugby League</b> (Developing Techniques, Tactics &amp; Strategies)</p>	<p><b>Summer HT 1</b></p> <p><b>Group 1 Athletics</b> (Developing Techniques &amp; Analysing Performance)</p> <p><b>Group 2 Athletics</b> (Developing Techniques &amp; Analysing Performance)</p>	<p><b>Summer HT 2 –</b></p> <p><b>Boys/Girls Health for Life (Social, Mental)</b> (Problem Solving, and development of personal Health)</p> <p><b>Cricket or Rounders (Mixed)</b> (Tactics &amp; Strategies, Developing Techniques)</p>
<p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Game Familiarisation (rules, structure, positions)</li> <li>• Ball control</li> <li>• Passing- short</li> <li>• Dribbling</li> <li>• Turns/ direction change</li> <li>• Defending effectively one- on- one/ as a team</li> <li>• Shooting/ game application</li> </ul> <p><b>Netball</b></p> <ul style="list-style-type: none"> <li>• Game Familiarisation (rules, structure, positions)</li> <li>• Consistency of footwork/ pivot in competitive situations</li> <li>• Recap on passing, addition of shoulder pass</li> <li>• Passing and receiving on the move</li> <li>• Attack effectively by using a variety of passes in a game</li> </ul>	<p><b>Trampoline</b></p> <ul style="list-style-type: none"> <li>• Health and safety, straight bouncing and stopping</li> <li>• 5 basic shapes; focus on control and extension</li> <li>• Swivel hips</li> <li>• Seat to front</li> <li>• Know the correct technique (3 stages) for front and back landings</li> <li>• Routines – 8 bounce routine</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Game Familiarisation (rules, structure, positions)</li> <li>• Footwork and pivoting under pressure</li> <li>• Passing under pressure in competitive situations</li> <li>• Dribbling- taking on a defender</li> <li>• Set shot accuracy</li> <li>• Taking on a defender- layup</li> <li>• Defending effectively (techniques and strategies)</li> </ul>	<p><b>Trampoline</b></p> <ul style="list-style-type: none"> <li>• Health and safety, straight bouncing and stopping</li> <li>• 5 basic shapes; focus on control and extension</li> <li>• Swivel hips</li> <li>• Seat to front</li> <li>• Know the correct technique (3 stages) for front and back landings</li> <li>• Routines – 8 bounce routine</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Game Familiarisation (rules, structure, positions)</li> <li>• Footwork and pivoting under pressure</li> <li>• Passing under pressure in competitive situations</li> <li>• Dribbling- taking on a defender</li> <li>• Set shot accuracy</li> <li>• Taking on a defender- layup</li> <li>• Defending effectively (techniques and strategies)</li> </ul>	<p><b>Rugby League</b></p> <ul style="list-style-type: none"> <li>• Game Familiarisation (Tag Rugby)</li> <li>• Evasive skills (side step, dummy pass) to evade defenders in competitive situations</li> <li>• Passing down the line, miss pass</li> <li>• Attacking phases</li> <li>• Contact Familiarisation</li> <li>• Defending effectively by tackling individually from the side in a game</li> </ul>	<p><b>Athletics</b></p> <p>Technique work to continue, improve outcomes from year 7</p> <ul style="list-style-type: none"> <li>• Sprinting technique/ measuring sprint starts (100/200m)</li> <li>• Relay changeovers</li> <li>• Middle distances- technique/pace adaptation 'kick' (400/800m)</li> <li>• Long Jump- practice and refine technique</li> <li>• Triple Jump- practice and refine technique</li> <li>• Shot Put- practice and refine technique</li> <li>• Discus- practice and refine technique</li> <li>• Javelin- practice and refine technique</li> </ul>	<p><b>Health for Life (HFL)</b></p> <ul style="list-style-type: none"> <li>• Physical- Five phases of a warm up</li> <li>• Physical- Heart Rate, resting/ working</li> <li>• Social- communication skills</li> <li>• Mental wellbeing- mindfulness and breathing</li> <li>• Mental wellbeing- Introduction to yoga; etiquette, breathing, basic asanas</li> <li>• Mental wellbeing- sun salutation and end of unit test</li> </ul> <p><b>Rounders/ Cricket</b></p> <ul style="list-style-type: none"> <li>• Game familiarisation, structure and rules</li> <li>• Fielding skills- accuracy/ consistency underarm, overarm throwing and catching in competitive situation</li> <li>• Improve batting consistency in game situation</li> </ul>

<ul style="list-style-type: none"> <li>• Techniques to move effectively into a space (sprint/ dodge/ overhead offer)</li> <li>• Timing of movement in attack</li> <li>• Defending effectively by shadowing the attackers' evasive movements</li> <li>• Defend effectively on and off the ball in a competitive situation</li> <li>• Develop shooting and rebound technique</li> <li>• Game application</li> </ul>	<p><b><u>Cross-Country/ Orienteering (2 weeks)</u></b></p> <p><b>Cross Country</b></p> <ul style="list-style-type: none"> <li>• Pacing</li> <li>• Resilience and positive mindset</li> <li>• Cardiovascular endurance, resting/ working heart rate</li> </ul> <p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>• Course familiarisation (problem solving/ competition)</li> <li>• Use of controls to solve literacy/ numeracy challenges (problem solving).</li> </ul>				<ul style="list-style-type: none"> <li>• Bowling technique- fast bowl</li> <li>• Fielding skills- long barrier</li> </ul>
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