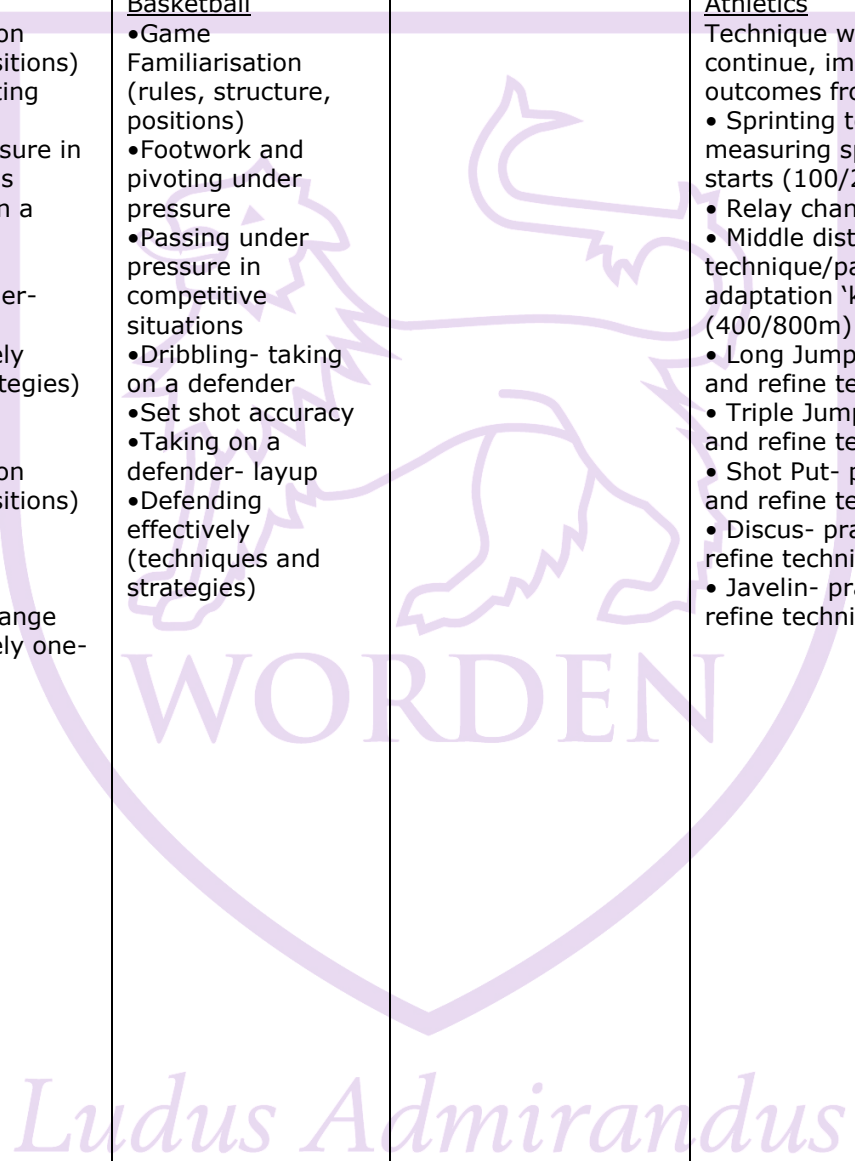
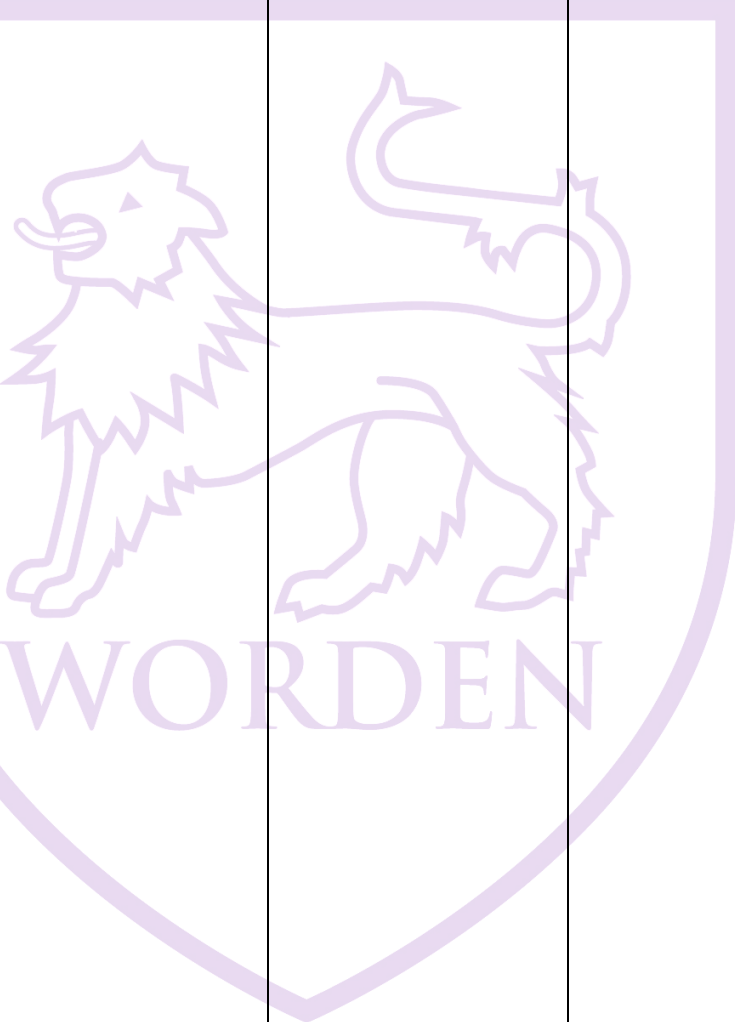





Subject: Physical Education

Year 8

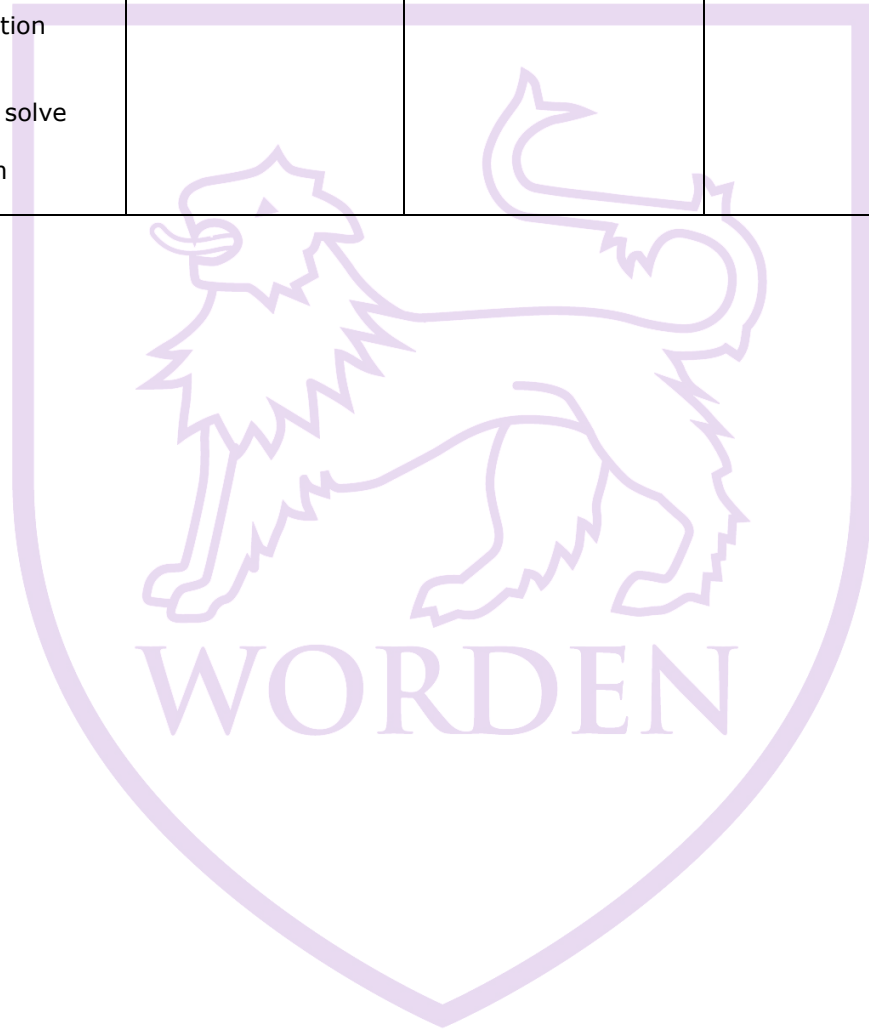
<p><u>Autumn HT 1</u> Group 1 and 2 (Mixed) Netball or Football (Developing Techniques, Tactics & Strategies) Group 3 (Mixed) Trampoline (Developing Techniques & Analysing Performance)</p>	<p><u>Autumn HT 2</u> Group 1 (Mixed) Basketball (Developing Techniques & Tactics and Strategies) Group 2 (Mixed) Trampoline (Developing Techniques & Analysing Performance) Group 3 (Mixed) Netball or Football (Developing Techniques, Tactics & Strategies) Cross Country & Orienteering (Development of Personal Health, Problem Solving)</p>	<p><u>Spring HT 1</u> Group 1 (Mixed) Trampoline (Developing Techniques & Analysing Performance) Group 2/3 (Mixed) Basketball (Developing Techniques & Tactics and Strategies)</p>	<p><u>Spring HT 2</u> Boys Rugby League (Developing Techniques, Tactics & Strategies) Girls Rugby League (Developing Techniques, Tactics & Strategies) Mixed Rugby League (Developing Techniques, Tactics & Strategies)</p>	<p><u>Summer HT 1</u> Boys/Girls Health for Life (Social, Mental) (Problem Solving, and development of personal Health) Group 1/2/3 Athletics (Developing Techniques & Analysing Performance)</p>	<p><u>Summer HT 2</u> Cricket or Rounders (Mixed) (Tactics & Strategies, Developing Techniques)</p>
<p><u>Football</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions) • Ball control • Passing- short • Dribbling • Turns/ direction change • Defending effectively one- on- one/ as a team • Shooting/ game application 	<p><u>Trampoline</u></p> <ul style="list-style-type: none"> • Health and safety, straight bouncing and stopping • 5 basic shapes; focus on control and extension • Swivel hips • Front to seat • Know the correct technique (3 stages) for front and back landings • Routines – 8 bounce routine 	<p><u>Trampoline</u></p> <ul style="list-style-type: none"> • Health and safety, straight bouncing and stopping • 5 basic shapes; focus on control and extension • Swivel hips • Front to seat • Know the correct technique (3 stages) for front and back landings • Routines – 8 bounce routine 	<p><u>Rugby League</u></p> <ul style="list-style-type: none"> • Game Familiarisation (Tag Rugby) • Evasive skills (side step, dummy pass) to evade defenders in competitive situations • Passing down the line, miss pass • Attacking phases • Contact Familiarisation • Defending effectively by tackling individually from the side in a game 	<p><u>Health for Life (HFL)</u></p> <ul style="list-style-type: none"> • Physical- Five phases of a warm up • Physical- Heart Rate, resting/ working • Social- communication skills • Mental wellbeing- mindfulness and breathing • Mental wellbeing- Introduction to yoga; etiquette, breathing, basic asanas • Mental wellbeing- sun salutation and end of unit test 	<p><u>Rounders/ Cricket</u></p> <ul style="list-style-type: none"> • Game familiarisation, structure and rules • Fielding skills- accuracy/ consistency underarm, overarm throwing and catching in competitive situation • Improve batting consistency in game situation • Bowling technique- fast bowl • Fielding skills- long barrier

<p><u>Netball</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions) • Consistency of footwork/ pivot in competitive situations • Recap on passing, addition of shoulder pass • Passing and receiving on the move • Attack effectively by using a variety of passes in a game • Techniques to move effectively into a space (sprint/ dodge/ overhead offer) • Timing of movement in attack • Defending effectively by shadowing the attackers' evasive movements • Defend effectively on and off the ball in a competitive situation • Develop shooting and rebound technique • Game application 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions) • Footwork and pivoting under pressure • Passing under pressure in competitive situations • Dribbling- taking on a defender • Set shot accuracy • Taking on a defender- layup • Defending effectively (techniques and strategies) <p><u>Football</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions) • Ball control • Passing- short • Dribbling • Turns/ direction change • Defending effectively one-on- one/ as a team • Shooting/ game application 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> •Game Familiarisation (rules, structure, positions) •Footwork and pivoting under pressure •Passing under pressure in competitive situations •Dribbling- taking on a defender •Set shot accuracy •Taking on a defender- layup •Defending effectively (techniques and strategies) 		<p><u>Athletics</u></p> <p>Technique work to continue, improve outcomes from year 7</p> <ul style="list-style-type: none"> • Sprinting technique/ measuring sprint starts (100/200m) • Relay changeovers • Middle distances- technique/pace adaptation 'kick' (400/800m) • Long Jump- practice and refine technique • Triple Jump- practice and refine technique • Shot Put- practice and refine technique • Discus- practice and refine technique • Javelin- practice and refine technique 	
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<p><u>Trampolining</u></p> <ul style="list-style-type: none"> • Health and safety, straight bouncing and stopping • 5 basic shapes; focus on control and extension • Swivel hips • Front to seat • Know the correct technique (3 stages) for front and back landings • Routines – 8 bounce routine 	<p><u>Netball</u></p> <ul style="list-style-type: none"> • Game Familiarisation (rules, structure, positions) • Consistency of footwork/ pivot in competitive situations • Recap on passing, addition of shoulder pass • Passing and receiving on the move • Attack effectively by using a variety of passes in a game • Techniques to move effectively into a space (sprint/ dodge/ overhead offer) • Timing of movement in attack • Defending effectively by shadowing the attackers' evasive movements • Defend effectively on and off the ball in a competitive situation • Develop shooting and rebound technique <p>Game application</p> <p><u>Cross-Country/ Orienteering (2 weeks)</u></p> <p><u>Cross Country</u></p> <ul style="list-style-type: none"> •Pacing •Resilience and positive mindset •Cardiovascular endurance, resting/ working heart rate 				
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Ludus Admirandus

	<p><u>Orienteering</u></p> <ul style="list-style-type: none">• Course familiarisation (problem solving/ competition)• Use of controls to solve literacy/ numeracy challenges (problem solving).				
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