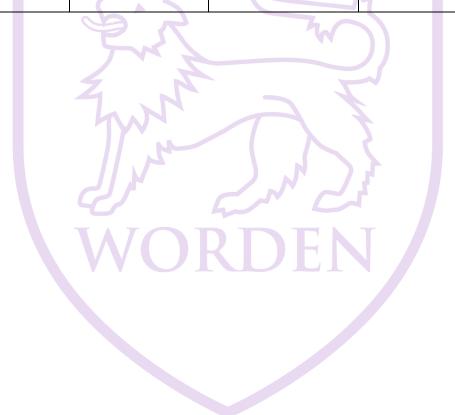
Subject: Physical Educat	tion				
Year 8	uon				
<u>rear o</u>					
Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
Group 1 and 2 (Mixed)	Group 1 (Mixed) Basketball	Group 1 (Mixed)	Boys Rugby League	Boys/Girls Health for	Cricket or Rounders
Netball or Football	(Developing Techniques &	Trampolining	(Developing	Life (Social, Mental)	(Mixed)
(Developing Techniques,	Tactics and Strategies)	(Developing	Techniques, Tactics &	(Problem Solving, and	(Tactics & Strategies,
Tactics & Strategies)		Techniques &	Strategies)	development of	Developing
	Group 2 (Mixed)	Analysing		personal Health)	Techniques)
Group 3 (Mixed)	Trampolining	Performance)	Girls Rugby League		,,,,,,
Trampolining	(Developing Techniques &		(Developing	Group 1/2/3 Athletics	
(Developing Techniques	Analysing Performance)	Group 2/3 (Mixed)	Techniques, Tactics &	(Developing	
& Analysing		Basketball	Strategies)	Techniques &	
Performance)	Group 3 (Mixed) Netball or	(Developing	76/	Analysing	
	Football	Techniques &	Mixed Rugby League	Performance)	
	(Developing Techniques,	Tactics and	(Developing		
	Tactics & Strategies)	Strategies)	Techniques, Tactics &		
		Z	Strategies)		
	Cross Country &	TR			
	Orienteering	MAN			
	(Development of Personal	1 V V			
	Health, Problem Solving)				
<u>Football</u>	Trampolining	Trampolining	Rugby League	Health for Life (HFL)	Rounders/ Cricket
Game Familiarisation	Health and safety, straight	 Health and safety, 	• Game	 Physical- Five phases 	• Game
(rules, structure,	bouncing and stopping	straight bouncing	Familiarisation (Tag	of a warm up	familiarisation,
positions)	• 5 basic shapes; focus on	and stopping	Rugby)	• Physical- Heart Rate,	structure and rules
Ball control	control and extension	• 5 basic shapes;	Evasive skills (side	resting/ working	• Fielding skills-
Passing- short	• Swivel hips	focus on control and	step, dummy pass) to	• Social-	accuracy/
• Dribbling	Front to seat	extension	evade defenders in	communication skills	consistency
Turns/ direction change Defending affectively.	• Know the correct	Swivel hips	competitive situations	Mental wellbeing-	underarm, overarm
Defending effectively	technique (3 stages) for	Front to seat	Passing down the	mindfulness and	throwing and
one- on- one/ as a team	front and back landings	Know the correct	line, miss pass	breathing	catching in
Shooting/ game	• Routines – 8 bounce	technique (3	Attacking phases Contact	Mental wellbeing- Introduction to yours.	competitive situation
application	routine	stages) for front	Contact Familiarisation	Introduction to yoga;	Improve batting
		and back landings • Routines – 8	Familiarisation	etiquette, breathing,	consistency in game situation
		• Routines – 8 bounce routine	 Defending effectively by tackling 	basic asanasMental wellbeing-	Bowling technique-
		bounce routine	individually from the	• Mental Wellbeing- sun salutation and end	fast bowl
				of unit test	
			side in a game	or unit test	 Fielding skills- long barrier

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Netball	Basketball	Basketball		Athletics
Game Familiarisation	Game Familiarisation	•Game		Technique work to
(rules, structure,	(rules, structure, positions)	Familiarisation		continue, improve
positions)	• Footwork and pivoting	(rules, structure,	N	outcomes from year 7
Consistency of	under pressure	positions)		Sprinting technique/
footwork/ pivot in	Passing under pressure in	•Footwork and		measuring sprint
competitive situations	competitive situations	pivoting under	((starts (100/200m)
Recap on passing,	Dribbling- taking on a	pressure		Relay changeovers
addition of shoulder pass	defender	Passing under		Middle distances-
Passing and receiving	Set shot accuracy	pressure in	76/	technique/pace
on the move	Taking on a defender-	competitive		adaptation 'kick'
Attack effectively by	layup	situations		(400/800m)
using a variety of passes	Defending effectively	Dribbling- taking		• Long Jump- practice
in a game	(techniques and strategies)	on a defender		and refine technique
Techniques to move	(======================================	•Set shot accuracy		Triple Jump- practice
effectively into a space	Football	•Taking on a		and refine technique
(sprint/ dodge/ overhead	Game Familiarisation	defender- layup		Shot Put- practice
offer)	(rules, structure, positions)	•Defending		and refine technique
• Timing of movement in	Ball control	effectively		Discus- practice and
attack	Passing- short	(techniques and) 5 1	refine technique
 Defending effectively 	Dribbling	strategies)	~ N' ~	Javelin- practice and
by shadowing the	Turns/ direction change			refine technique
attackers' evasive	 Defending effectively one- 			1
movements	on- one/ as a team			
 Defend effectively on 	Shooting/ game		K I) F I	
and off the ball in a	application			
competitive situation				
 Develop shooting and 				
rebound technique				
Game application				
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Trampolining	Netball				
Health and safety,	Game Familiarisation				
straight bouncing and	(rules, structure, positions)				
stopping	Consistency of footwork/				
• 5 basic shapes; focus	pivot in competitive				
on control and extension	situations	A			
Swivel hips	Recap on passing, addition				
Front to seat	of shoulder pass			7	
Know the correct	Passing and receiving on	da - 4			
technique (3 stages) for	the move		W		
front and back landings	Attack effectively by using))	
• Routines – 8 bounce	a variety of passes in a				
routine	game	4		\sim	
	Techniques to move	4			
	effectively into a space				
	(sprint/ dodge/ overhead	MAN			
	offer)	177		7	
	Timing of movement in				
	attack				
	Defending effectively by) N' /	5	
	shadowing the attackers'		~ N. ~	r	
	evasive movements				
	Defend effectively on and	T . T . T		-	
	off the ball in a competitive				
	situation		<		
	Develop shooting and				
	rebound technique				
	Game application				
	Cross-Country/ Orienteering				
	(2 weeks)				
	Cross Country				
	•Pacing				
	•Resilience and positive				
	mindset				
	Cardiovascular endurance,				
	resting/ working heart rate		-		
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<u>Orienteering</u>				
Course familiarisa	ition			
(problem solving/				
competition)		A		
Use of controls to	solve			
literacy/ numeracy				
challenges (probler	n			
solving).			7	



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