

'a school to be proud of

Year 8 Boys Half term 3 Half term 4 Half term 5 Half term 1 Half term 2 Half term 6 RUGBY (1) BASKETBALL (2) VOLLEYBALL HANDBALL **GYMNASTICS** FITNESS BADMINTON CRICKET **ATHLETICS** SUMMER Knowledge (5) (6) (7) (9) SPORTS (10) (3) (4) (8) Skills/ Shots -Balance -Continuous Jump - Long & Triple Softball -**Passing Passing Passing** Throwing application of Pop, Hip, Spin, Dive, Shoulder Right & Left Individual training **Underarm** Run up Dig Batting knowledge Switch/scissors Chest Set Pairs Overarm Take off Fielding hand Group Tackling Spike Short Long & Flight Throwing and Bounce Circuit Training Scrummaging Javelin Serve -Long Movement -Short Landing catching Throw - Shot putt, 5v5 **Ball Control** Underarm Stationary Roll -Resistance distance Base running Attacking line Catchina Blocking -On the Forward training Catching Javelin, Discus Defensive line Backward One Initial stance Frisbee -One handed Singular move Line - Outs Two handed Team Catchina Side Interval training handed Grip Backhand **Kicking** Static One handed Log Two Preparation Throw Movement Forearm Throw Place On the move Two handed Teddy bear handed Grubber Footwork Static **Bowling** Release Tackling Box Landing On the **Batting** Recovery Catching Pivot move Forward alide Footwork defensive Track Running pass Lacrosse -Shooting Running pass Cover drive Sprints - 100m, 200m, Picking up On side 300m (girls). Jump Running shot Passing Set Dribbling Off side Middle Distance -Cradling Lay - Up Shooting **Fielding** 800m, 1500m Shooting Defending Jump shot Long barrier Starts Tackling Plaver-to-Standina Posture Blocking player shot Pacina Defending the Leg & arm action Defending Blocking Stride pattern pass Denying space Tackling Refereeing Man to man Zonal Goalkeeping Shot stopping hands, legs, trunk, putting the ball down, fast attack Links to prior Building upon the skills Building upon Buildina Buildina Buildina In most cases. Buildina Buildina Building upon the skills Building upon developed in year 7 the skills upon the upon the upon the this is a totally upon the upon the developed in year 7 the skills learning and applying them skills skills and applying them into developed in skills skills new activity to skills developed in into competitive year 7 and developed developed developed the pupils and developed developed competitive situations year 7 and in year 7 and there is no prior situations more applying them in year 7 in year 7 and in year 7 in year 7 more effectively applying them effectively into and applying applying knowledge to and and into competitive applying them into them into build upon. applying applying competitive situations more them into competitive competitive them into them into situations more situations situations effectively competitive competitive competitive effectively situations more more situations situations effectively effectively



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| assessment | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's | Lesson to lesson assessment, with summative assessment at the end of the unit. This will help with the two DC's |



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| Knowledge | NETBALL (1) | BADMINTON (2) | FITNESS (3) | HOCKEY (4) | FOOTBALL (5) | GYMNASTICS (6) | LEADERSHIP (7) | HANDBALL (8) | ATHLETICS (9) | SUMMER SPORTS (10) | | |
| Skills/ application of knowledge | Passing Shoulder Chest Bounce Overhead Ball Control Catching Two handed Static Footwork Landing Pivot Shooting One/Two Handed Defending Player-to- player | Serves Low & short High & Deep Clear Shot Forehand Attacking & defending Underarm | Methods of training Circuit training Aerobics Weight training Continuous training Yoga Pilates | | Passing Short Passes Dribbling Turning with the ball Striking with the ball Shooting | Balance - Individual Pairs Group Movement - Roll - Forward Backward Side Log Teddy bear | Communication Verbal Non verbal Organisation Tasks People equipment Planning Assessing/ Evaluating | Passing Right & Left hand Short Long Stationary On the move Catching One handed Two handed Static On the move Footwork Running pass Running shot Dribbling Shooting Jump shot Standing shot Defending Blocking Tackling Man to man Zonal Goalkeeping Shot stopping – hands, legs, trunk, putting the ball down, fast attack | Jump - Long & Triple Run up Take off Flight Landing Throw - Shot putt, Javelin, Discus Initial stance Grip Preparation Movement Release Recovery Track Sprints - 100m, 200m, 300m (girls). Middle Distance - 800m, 1500m Starts Posture Pacing Leg & arm action Stride pattern | Rounders: Throwing Underarm Overarm Long & Short distance Catching Two handed Bowling Batting Fielding Long barrier | | |
| Links to prior learning | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | Building upon the skills developed in year 7 and applying them into competitive situations more effectively | | |
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