

Oswaldtwistle School KS3 PE Long Term Plan

Year 8	Knowledge	Skills	Key words	Links to previous learning	Links to wider curriculum
Autumn Term 1 Table tennis	Be able to use skills and techniques as an individual performer. Be able to apply tactics/strategies ideas as an Individual performer	Serving Forehand/backhand Forehand drive Backhand push Forehand spin Smash	Forehand Topspin Serve Forehand push Backhand push Handshake Grip Goalkeeper stance Doubles	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Build on the forehand drive skills from Year 7. Start applying power to the shot. Start applying spin to serves	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Autumn Term 2 Badminton	Be able to use skills and techniques as an individual performer. Be able to apply tactics/strategies ideas as an Individual performer	Recall types of serve – flick and underarm Develop the underarm clear Recall overhead clear Introduce the drop shot technique Introduce the smash shot Tactics for single play	Underarm clear Underarm long serve Backhand flick serve Overhead clear Rally Serve The court Racket Grip Shuttle	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios

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				principles suitable for attacking and defending Recall the types of serve learnt in year 7.	
Spring Term 1 Basketball	Be able to use skills and techniques as a team performer. Be able to apply tactics/strategies ideas as a team performer. Be able to officiate in a sport activity, using basic rules	Free throw/penalty pass Game play Recall Passing techniques and Timing of passes Attacking play - tactics Techniques of marking the ball and Defending the player Types of Dodging	Positional awareness Court play Footwork Passing Dodging	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Start adding tactics to apply in a game scenario from the skills learnt in Year 7	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Spring term 2 Fitness	Be able to use techniques as an individual performer. Be able to apply compositional ideas as an Individual performer Be able to plan a personal circuit, and then adapt to work harder.	Basic circuit Boxercise Cooper test Introduce heart rate Components of skill fitness related Sets Reps Development Components of health	Sets Reps Cooper test Heart rate Circuits	KS2; By the time pupils come to us they should have been taught to: develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Develop knowledge of	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during

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		related fitness Circuits – football specific Boxercise – combinations		how exercise affects the body	game scenarios
Summer term 1 Cricket	Be able to use skills and techniques as a team performer. Be able to apply tactics/strategies ideas as a team performer. Be able to officiate in a sport activity, using basic rules Be able to plan sports activity sessions Be able to officiate in a sport activity, using basic rules	Recall fielding techniques Batting defensive shot Recall drive and pull Wicket keeping Recall bowling technique Bowling development – technique Batting development Fielding roles	Throwing Catching Fielding- Long Barrier technique Batting Technique Bowling Technique Game Tactics Wickets Bat Ball Bowling LBW Umpire	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Building on the basic skills of cricket (bowling and batting) to develop better technique	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios
Summer term 2 Football	Be able to use skills and techniques as a team performer. Be able to apply tactics/strategies ideas as a team performer. Be able to officiate in a sport activity, using basic rules Be able to plan sports activity sessions (Create	Recall passing techniques Dribbling and turning Developing attack – 4 v 2 Developing shooting Heading the ball Strategies and tactics defensive Jockeying	Dribble Pass Shoot Foul Offside	KS2; By the time pupils come to us they should have been taught to: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic	English – diction and pronunciation PSHCE – collaboration, communication, team work, shared responsibility, independence and democratic decision making Maths- Scoring during game scenarios

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	warm up)			principles suitable for attacking and defending	
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