

The English Martyrs Catholic School and Sixth Form College

Physical Education Year 8	<u>Module 1</u>	<u>Module 2</u>	<u>Module 3</u>
<u>Topic Theme and Intent</u>	Students learn about healthy lifestyle – using knowledge gained pupils identify how to live a healthier lifestyle. This topic is studied so that students can start to adjust their day to day lives to improve their health and fitness levels.	Students learn about coaching / leading a peer – They will be able to create and follow a warm up or skill activity for a partner. Pupils develop their communication skills and ability to plan activity for others. This topic is studied so that students start to develop their coaching and leadership skills.	Students will learn about specific types of tactics . This topic is studied so that students can form strategies to outwit an opponent in a range of sports. This module will incorporate previous learning from modules 1 and 2.
<u>Knowledge</u>	<ul style="list-style-type: none"> Recommended exercise guidelines. Diet and calorie intake. Methods of training. 	<ul style="list-style-type: none"> Suitable warm up activities. Health and safety in PE. Key actions of a coach / leader. 	<ul style="list-style-type: none"> Impact of outwitting an opponent using tactics. Implement chosen tactics in a conditioned game.
<u>Skills</u>	<ul style="list-style-type: none"> Perform a variety of training methods to improve a chosen component of fitness. Identify which sports require which components of fitness. 	<ul style="list-style-type: none"> Planning a suitable warm up. Communication – skill of clear and precise verbal instructions. 	<ul style="list-style-type: none"> Perform a range of skills in conditioned games. Apply rules and tactics to game situations.
<u>Literacy Links</u>	<p>Reading – Students will read about healthy lifestyles.</p> <p>Writing – Students complete an activity log.</p> <p>Oracy – Students start to use physiology and dietary vocabulary in discussion and question and answering.</p>	<p>Reading – Students will read about coaching and key skills of a coach.</p> <p>Writing - Students complete a warmup plan.</p> <p>Oracy – Students will use a range of correct vocabulary and improve effective communication.</p>	<p>Reading – Students will read about tactics in several sports.</p> <p>Writing – Students will communicate ideas and concepts through completing online tasks.</p> <p>Oracy – Students use correct terminology in discussion and question and answering.</p>
<u>Essential Vocabulary</u>	Calories, continuous, interval, lifestyle, cardiovascular endurance, speed, strength.	Quadriceps, Hamstrings, Gluteus Maximus, Triceps, Gastrocnemius.	Strategy, attacking, defensive, opposition, awareness.

Disciplinary Reading

Reading for Pleasure

Tough women by Jenny Tough

Griot for kids by Lee David Daniels

Be amazing by Chris Hoy



