



# Physical Education Year 8 Long Term Plan

**Rationale with end points:** Pupils “Develop” the skills and application of these skills across a variety of sports. Further opportunities for character building, personal development, confidence and success are all key factors in the delivery of lessons. At this stage we want to see students grasping the technique of skills more accurately and knowing how their actions may influence the response from oppositions or their outcomes in performance. Further fitness focuses begin, building a platform for students to consider their own strengths and areas for development.

Term	Topic	Knowledge	Skills	Reading/Wider Reading
Autumn 1 Net/Wall	Technique and skills. Shots, racquet control and serves.	More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control.		BTEC LEVEL 2 in SPORT p34-35:Types of Sports
	Technique and skills. Shots, racquet control and serves.	More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control.		
	Technique and skills. Shots, racquet control and serves.	More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control.	Writing Genre: Importance of Healthy Active Lifestyle	

	Shot/serve selection to outwit opponent - match play	Development of a range of techniques that are used appropriately depending on where the opponent is. Which shot to play, which serves to start with and which racquet control to adopt when playing particular shots.		
	Offensive & defensive play including shot and serve selection - Match play	Specific focus on strategy and technique of offensive and defensive play/shots to outwit opponents and score points. Which shot to play, which serves to start with and which racquet control to adopt when playing particular shots.		
	Monitor and evaluate performance	Evaluation of own and peer performance in relation to skills performed and offensive and defensive tactics to outwit opponents in competitive play.	<b>Writing genre: Analysis in the style of a coach's report.</b> <b>Explain the job role of a sports official</b>	
	Interform Competition	Application of Rules Application of skills Application of tactics and strategies		
<b>Autumn 2</b> Invasion	Introduction Skills in isolation	Advanced skills & Technique with a key focus on fluidity of movement, control and speed in attempt to outwit/manoeuvre the opponent.		<b>GCSE PE: The Pocket sized revision Guide:</b> Sporting Behaviour p.56
	Skills in isolation under pressure and in an open environment	Advanced skills and techniques developed in open competitive		

		environments with constant pressure on the ball		
	Small sided games	Technique and open skills transferred into competitive environment situations with pressure on the player and ball. Game size is adapted to serve the needs of the developing students.	<b>Writing Genre: Consequences of Sedentary Lifestyle</b>	
	Utilising space and positional space - small sided games	Spatial awareness and positional play explained Specific roles of positions and formational play developed		
	Tactical and strategic play	Focus on strategies for offensive and defensive play/organisation. Students actively rearrange their roles and positions depending on the needs of the game, environment, situation and opponent.		
	Monitor and evaluate performance (assessment)	Evaluation of own and peer performance in relation to skills in isolation and competitive play	Communication Analysis	
	Interform competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position Strategies and tactics based on position of opponent	
<b>Spring 1</b> Fitness	<b>Fitness CV</b>	Understand the fundamentals of Cardiovascular endurance and its application, advantages/disadvantages and their effect on the body	Methods of training CV (continuous/fartlek/interval)	<b>Cambridge National Sports Science 2nd Ed.</b> Methods of Training and Their Benefits (Includes Advantages and Disadvantages) p.98-108
	Muscular endurance	Understand the fundamentals of Muscular endurance and its	Methods of training muscular endurance	

		application, advantages/disadvantages and their effect on the body		
	Power / strength	Understand the fundamentals of Power and its application, advantages/disadvantages and their effect on the body	<b>Writing Genre: Importance of Hydration</b> Methods of training power (strength)	
	Agility/balance /coordination	Understand the fundamentals of ABC and its application, advantages/disadvantages and their effect on the body.	Catching games  Design drills to improve these skills	
	Assessment week -Testing	Know which tests can be used for a range of components of fitness	Perform the fitness tests safely, with accurate results and review/ compare.	
<b>Spring 2</b> Gymnastics	Safety/ recap basic shapes	Know the basic safety procedures. Discover travel paths and recall different ways to finish with a still position	Recap basic shapes, rolls and travel movements	
	Strength/basic balance shapes	Know the importance of strength, flexibility and balance for gymnastics Recognise the difference between Patch and point balances	Perform strength and flexibility exercises Explore basic individual balances Safety of supporting balances	
	Counter balance/tension in pairs	Know the difference between counter tension and counter balance	<b>Writing Genre: Importance of warm up/cool down</b> Perform counter balance/tension Apply to a short routine using travel/transitions	
	Small group balances Intro to flight	Explore balances and create a short routine Use small apparatus	Focus on control, core strength, stillness	

	Large group balances Practise flight	Explore balances and create a short routine Use small apparatus	Apply levels, travel, mirror and cannon	
	Assessment week Performances/ reviews	Elements of a routine Perform to an audience Review performance	Perform routine and evaluate	
<b>Summer 1</b> Strike & field	Fielding	Advanced fielding techniques are developed with a key focus on fluidity and speed of retrieval		Research how to perform short and long barriers in Rounder's and Cricket <a href="https://www.tes.com/teaching-resource/rounders-lesson-4-long-barrier-short-barrier-and-resources-ks3-k34-12278320">https://www.tes.com/teaching-resource/rounders-lesson-4-long-barrier-short-barrier-and-resources-ks3-k34-12278320</a>
	Bowling	Advanced bowling techniques are developed with a key focus now on accuracy, speed and spin (Variation bowling)		
	Batting	Advanced batting techniques are developed through skills in isolation and gameplay with a key focus on using a variety of shots depending on the type of ball delivered	<b>Writing Genre: Research local jobs in sport and leisure and create a job description using a template.</b>	
	Gameplay	Gameplay with a focus on students being self-sufficient in managing the rules and tactics of gameplays	Application of rules tactics positional awareness role requirements	
	Gameplay & Assessment	Self and peer assessment of technique and application into gameplay	Shot selection, bowling variation, technique shown in competitive scenarios	
	Interform competition	Full gameplay - form v s form		
<b>Summer 2</b> Athletics	Running (Sprinting)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Officiating analysis communication	<b>GCSE PE: The Pocket sized revision Guide:</b> Mental Preparation p.53
	Running (Pacing)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	analysis communication Officiating	



	Throwing (1st discipline )	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Writing Genre: Explain the importance of principles of training and how it improves your performance	
	Throwing (2nd discipline)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Officiating analysis communication	
	Jumping (1st discipline)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Officiating analysis communication	
	Jumping (2nd discipline)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Officiating analysis communication	
	Interform Competition	Application of skills and techniques	Performing skills correctly with confidence	
	SPORTS DAY	Application of skills and techniques	Performing skills correctly with confidence	