Long-term planning

PE - Year 8

| Year 8 Themes | Autumn term 1 | Autumn term 2 | Spring term 1 | Spring term 2 | Summer term 1 | Summer term 2 |
|---|--|--|--|--|--|--|
| | Students will know | Students will know that | Students will know | Students will know | Students will know | Students will know |
| Continuing on | that | | that | that | that | that |
| from Year 7, students are taught to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. As the students' progress through the Key Stage, the sports become more intricate and therefore require a higher level of skill and understanding. This means | Rugby is played to a set of rules and requires a number of skills to be successful. Multi-skills – are required to perform in all types of physical activity and games. Badminton – is played to a set of rules and requires hand-eye co-ordination to be successful. Hand-Ball - is played to a set of rules and requires hand-eye co-ordination to be successful. Dodge ball is played to a set of rules and requires a number of skills to be successful. | Rugby is played to a set of rules and requires a number of skills to be successful. Multi-skills — are required to perform in all types of physical activity and games. Badminton — is played to a set of rules and requires hand-eye co-ordination to be successful. Cross-Country is a combination of muscular endurance and cardiovascular fitness. There are tactics involved in running longer distances and different running styles used. Hand-Ball — is played to a set of rules and requires hand-eye co-ordination to be successful. Dodge ball is played to a set of rules and requires a number of skills to be successful. | Football is played to a set of rules and requires a number of skills to be successful. Basketball is played to a set of rules and requires a number of skills to be successful. Fitness – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance. Dodge ball is played to a set of rules and requires a number of skills to be successful. | Football is played to a set of rules and requires a number of skills to be successful. Basketball is played to a set of rules and requires a number of skills to be successful. Fitness – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance. Dodge ball is played to a set of rules and requires a number of skills to be successful. | Cricket is played to a set of rules and requires a number of skills to be successful. Athletics has many disciplines that involve running, throwing and jumping. Orienteering consists of running, various manoeuvres, skills and the ability to map read. | Cricket is played to a set of rules and requires a number of skills to be successful. Athletics has many disciplines that involve running, throwing and jumping. Orienteering consists of running, various manoeuvres, skills and the ability to map read. |

| that those | Students will know | Students will know how | Students will know | Students will know | Students will know | Students will know |
|-----------------|---|--|---|---|-------------------------|--------------------------|
| wanting to | how | | how | how | how | how |
| take one of | Rugby - pass & catch, | Rugby - pass & catch, | Football – pass, shoot | Football – pass, shoot | Cricket – perform and | Cricket – perform and |
| the KS4 | beat defenders, find | beat defenders, find | dribble, head and | dribble, head and | re-call teaching points | re-call teaching points |
| options can do | space, use width, | space, use width, outwit | control the ball in | control the ball in | on the long barrier, | on the long barrier, |
| so as they | outwit opponents. | opponents. | order to keep | order to keep | one- and two-handed | one- and two-handed |
| have a solid | | | possession and create | possession and create | pick-up, throwing and | pick-up, throwing and |
| platform from | Multi-skills – throw, | Multi-skills – throw, catch, | scoring opportunities. | scoring opportunities. | catching, various | catching, various shots |
| | catch, run, attack, | run, attack, defend, keep | Understand the | Understand the | shots and how to | and how to bowl. |
| which to | defend, keep | possession. | principles of attack | principles of attack | bowl. | |
| begin. | possession. | | and defence. | and defence. | | Athletics – perform |
| | | Badminton – hold a | | | Athletics – perform | and recall teaching |
| It also allows | Badminton – hold a | racket, use various shots | Basketball – pass, | Basketball – pass, | and recall teaching | points in high jump, |
| those who | racket, use various | to hit/return the shuttle, | shoot defend and | shoot defend and | points in high jump, | shot putt, triple jump, |
| aren't taking a | shots to hit/return the | play a game of badminton. | dribble. Understand | dribble. Understand | shot putt, triple jump, | discus, javelin, long |
| KS4 option to | shuttle, play a game of | | the principles of attack | the principles of attack | discus, javelin, long | jump, sprinting, middle |
| have the | badminton. | Cross-Country – pace | and defence. | and defence. | jump, sprinting, | distance running and |
| confidence to | Handball to satab | themselves effectively and | Fituare montours | Fitness noutous | middle distance | relay changeovers. |
| participate | Handball – to catch, pass, dribble, shoot, | alter their running technique according to the | Fitness – perform a training session in | Fitness – perform a training session in | running and relay | Orienteering - Running |
| and compete | defend, attack, screen. | terrain. They will know | continuous training, | continuous training, | changeovers. | - distance estimation, |
| in a wide | They will understand | how to run indifferent | fartlek training, HIIT | fartlek training, HIIT | Orienteering - | pacing, how to plan a |
| range of sports | what footwork is | training zones and warm- | training, interval | training, interval | Running – distance | route. |
| either during | required to play the | up effectively. | training, interval | training, interval | estimation, pacing, | Manoeuvres – aiming |
| KS4 Games | game according to the | ap encouvery. | training, circuit | training, circuit | how to plan a route. | off, attack points, |
| and Wellbeing, | rules. | Handball – to catch, pass, | training and weight | training and weight | Manoeuvres – aiming | handrails. |
| or in their own | | dribble, shoot, defend, | training. | training. | off, attack points, | Skills – safety, Country |
| time outside | Dodge ball – attack, | attack, screen. They will | | | handrails. | code |
| of school. | evade, defend, catch, | understand what footwork | Dodge ball – attack, | Dodge ball – attack, | Skills – safety, | Map Reading – |
| OI SCHOOL | block, work as a team. | is required to play the | evade, defend, catch, | evade, defend, catch, | Country code | orientate the map, |
| | | game according to the | block, work as a team. | block, work as a team. | Map Reading – | contours, terrain. |
| | | rules. | | | orientate the map, | |
| | | | | | contours, terrain. | |
| | | Dodge ball – attack, | | | | |
| | | evade, defend, catch, | | | | |
| | | block, work as a team. | | | | |
| | | | | | | |
| | | | | | | |

| Vocabulary | and the | Vocabulary and the | Vocabulary and the | Vocabulary and the | Vocabulary and the | Vocabulary and the |
|--|---|---|---|---|--|--|
| concepts the | ey link to | concepts they link to | concepts they link | concepts they link | concepts they link | concepts they link to |
| | | | to | to | to | |
| Rugby - Rucking scrummaging, I offloading, dun drawing a man, overlaps. Evasid defensive play, opponents, cat passing, contact Multi-skills — Badminton - Dis Smash, Net lift, return, Forehar Backhand driver Overhead Clear line, Tramlines, Defensive, Grip Court. Handball - Jum standing shot, or innovative shot defence, man the crossover dribbe defensive & off screening, fake three steps, cat hand, 2 hand, refrom a bounce (shoulder, over bounce, hip). Dodge ball -paw blocker, duck, or distraction, december of the defensive with the communication teamwork, december of the communication teamwork of the co | line speed, nmying, , creating on, outwitting ching, ct. rop shot, , Net nd drive, e, Serving, r, Service , Attacking, o, Stance, p shot, dive shot, ts, zonal o man, ole, fensive , pivot, tching (1 mid-air,), passing head, en, catcher, dive, dip, cision ng and ng, tactics, n, | Rugby - Rucking, scrummaging, line speed, offloading, dummying, drawing a man, creating overlaps. Evasion, defensive play, outwitting opponents, catching, passing, contact. Multi-skills — Badminton - Drop shot, Smash, Net lift, Net return, Forehand drive, Backhand drive, Serving, Overhead Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court. Cross-Country — fluency, aerobic, anaerobic, strength, endurance, uphill, downhill, start, obstacles, pacing, terrain, team. Handball - Jump shot, standing shot, dive shot, innovative shots, zonal defence, man to man, crossover dribble, defensive & offensive screening, fake, pivot, three steps, catching (1 hand, 2 hand, mid-air, from a bounce), passing (shoulder, overhead, bounce, hip). Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, teamwork, decision making. | Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half- volley, diving, catching, shot-stopping, parry Basketball - set shot, lay- up, rebounding, jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead). Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training. Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, teamwork, decision making. | Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half- volley, diving, catching, shot-stopping, parry Basketball - set shot, lay- up, rebounding, jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead). Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training. Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, teamwork, decision making. | Cricket - Long barrier, pull shot, Cut shot, forward defensive, backward defensive, Straight drive, Figure-of-six, seam bowling, spin bowling. Athletics - distance, pacing, hurdles, run up, landing, take off, coordination, balance, agility, technique, approach, jumping for distance, physical conditioning, running for speed, push throw, pull throw, sling throw. Orienteering - Distance estimation, pacing, route, short legs, handrails, long legs, aiming off, attack points, compass, navigation, country code, safety, scale, orientate map, contours, terrain, legend. | Cricket - Long barrier, pull shot, Cut shot, forward defensive, backward defensive, Straight drive, Figure-of-six, seam bowling, spin bowling. Athletics - distance, pacing, hurdles, run up, landing, take off, coordination, balance, agility, technique, approach, jumping for distance, physical conditioning, running for speed, push throw, pull throw, sling throw. Orienteering - Distance estimation, pacing, route, short legs, handrails, long legs, aiming off, attack points, compass, navigation, country code, safety, scale, orientate map, contours, terrain, legend. |

| Assessment | Assessment | Assessment | Assessment | Assessment | Assessment |
|-------------------------|--------------------------|----------------------|----------------------|--------------------|-------------------------|
| Rugby, Handball, | Rugby, Handball, | Football, Basketball | Football, Basketball | Cricket – small | Cricket – small sided |
| Dodgeball & | Dodgeball & Badminton | & Dodgeball Small | & Dodgeball Small | sided games, | games, performing |
| Badminton -Small | -Small sided games, | sided games, | sided games, | performing skills | skills learnt in a |
| sided games, | performing skills learnt | performing skills | performing skills | learnt in a | pressurised situation. |
| performing skills | in a pressurised | learnt in a | learnt in a | pressurised | |
| learnt in a | situation. | pressurised | pressurised | situation. | Athletics – be |
| pressurised situation. | Cross-country – ability | situation. | situation. | | measured or timed in |
| | to effectively run the | Fitness – perform | | Athletics – be | each of the events |
| | various courses. | the relevant skills | Fitness – perform | measured or timed | covered and assessed |
| | | taught using the | the relevant skills | in each of the | on the technique for |
| | | correct technique. | taught using the | events covered and | each one. |
| | | | correct technique. | assessed on the | |
| | | | | technique for each | |
| | | | | one. | Orienteering – |
| | | | | | compete in paired |
| | | | | Orienteering – | and group races |
| | | | | compete in paired | |
| | | | | and group races. | |
| | | | | | |
| Diversity & | Diversity & | Diversity & | Diversity & | Diversity & | Diversity & |
| development of | development of cultural | development of | development of | development of | development of |
| cultural capital | capital | cultural capital | cultural capital | cultural capital | cultural capital |
| Opportunity to | Opportunity to | Opportunity to | Opportunity to | Opportunity to | Opportunity to |
| participate in fixtures | participate in fixtures | participate in | participate in | participate in | participate in fixtures |
| against other schools | against other schools | fixtures against | fixtures against | fixtures against | against other schools |
| from different | from different | other schools from | other schools from | other schools from | from different |
| socio-economic | socio-economic | different | different | different | socio-economic |
| backgrounds. | backgrounds. | socio-economic | socio-economic | socio-economic | backgrounds. |
| | | backgrounds. | backgrounds. | backgrounds. | |
| Cross-curricular | Cross-curricular | Cross-curricular | Cross-curricular | Cross-curricular | Cross-curricular |
| opportunities and | opportunities and | opportunities and | opportunities and | opportunities and | opportunities and |
| enrichment | enrichment | enrichment | enrichment | enrichment | enrichment |
| | | | | | |