

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 that	Students will know that	Students will know that	Students will know that	Students will know that	Students will know that
Continuing on 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.	<p>Rugby is played to a set of rules and requires a number of skills to be successful.</p> <p>Multi-skills – are required to perform in all types of physical activity and games.</p> <p>Badminton – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Hand-Ball - is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Dodge ball is played to a set of rules and requires a number of skills to be successful.</p>	<p>Rugby is played to a set of rules and requires a number of skills to be successful.</p> <p>Multi-skills – are required to perform in all types of physical activity and games.</p> <p>Badminton – is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Cross-Country is a combination of muscular endurance and cardiovascular fitness. There are tactics involved in running longer distances and different running styles used.</p> <p>Hand-Ball - is played to a set of rules and requires hand-eye co-ordination to be successful.</p> <p>Dodge ball is played to a set of rules and requires a number of skills to be successful.</p>	<p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Basketball is played to a set of rules and requires a number of skills to be successful.</p> <p>Fitness – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance.</p> <p>Dodge ball is played to a set of rules and requires a number of skills to be successful.</p>	<p>Football is played to a set of rules and requires a number of skills to be successful.</p> <p>Basketball is played to a set of rules and requires a number of skills to be successful.</p> <p>Fitness – components of fitness are necessary in all sports to positively affect performance with varying degrees of importance.</p> <p>Dodge ball is played to a set of rules and requires a number of skills to be successful.</p>	<p>Cricket is played to a set of rules and requires a number of skills to be successful.</p> <p>Athletics has many disciplines that involve running, throwing and jumping.</p> <p>Orienteering consists of running, various manoeuvres, skills and the ability to map read.</p>	<p>Cricket is played to a set of rules and requires a number of skills to be successful.</p> <p>Athletics has many disciplines that involve running, throwing and jumping.</p> <p>Orienteering consists of running, various manoeuvres, skills and the ability to map read.</p>
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						

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

	Vocabulary and the concepts they link to	Vocabulary and the concepts they link to	Vocabulary and the concepts they link to	Vocabulary and the concepts they link to	Vocabulary and the concepts they link to	Vocabulary and the concepts they link to
	<p>Rugby - Rucking, scrummaging, line speed, offloading, dummying, drawing a man, creating overlaps. Evasion, defensive play, outwitting opponents, catching, passing, contact. Multi-skills –</p> <p>Badminton - Drop shot, Smash, Net lift, Net return, Forehand drive, Backhand drive, Serving, Overhead Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court.</p> <p>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).</p> <p>Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, teamwork, decision making.</p>	<p>Rugby - Rucking, scrummaging, line speed, offloading, dummying, drawing a man, creating overlaps. Evasion, defensive play, outwitting opponents, catching, passing, contact. Multi-skills –</p> <p>Badminton - Drop shot, Smash, Net lift, Net return, Forehand drive, Backhand drive, Serving, Overhead Clear, Service line, Tramlines, Attacking, Defensive, Grip, Stance, Court.</p> <p>Cross-Country – fluency, aerobic, anaerobic, strength, endurance, uphill, downhill, start, obstacles, pacing, terrain, team.</p> <p>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).</p> <p>Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, teamwork, decision making.</p>	<p>Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p>Basketball - set shot, lay-up, rebounding, jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p> <p>Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, teamwork, decision making.</p>	<p>Football - dribbling, passing and receiving, shooting, control, heading, goalkeeping, drilled, lofted, wall pass, cushion, volley, half-volley, diving, catching, shot-stopping, parry</p> <p>Basketball - set shot, lay-up, rebounding, jump shot, crossover dribble, pivot, jump stop, triple threat, passing (bounce, chest, shoulder, overhead).</p> <p>Fitness - Power, Agility, Reaction Time, Flexibility, Cardiovascular Endurance, Muscular Strength, Co-ordination, Speed, Muscular Endurance, Continuous, Fartlek, HIIT, Interval, Plyometrics, Circuit, Weight Training.</p> <p>Dodge ball -pawn, catcher, blocker, duck, dive, dip, distraction, decision making, throwing and catching, evading, tactics, communication, teamwork, decision making.</p>	<p>Cricket - Long barrier, pull shot, Cut shot, forward defensive, backward defensive, Straight drive, Figure-of-six, seam bowling, spin bowling.</p> <p>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.</p> <p>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.</p>	<p>Cricket - Long barrier, pull shot, Cut shot, forward defensive, backward defensive, Straight drive, Figure-of-six, seam bowling, spin bowling.</p> <p>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.</p> <p>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.</p>

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