

Physical Education Long Term Plan Year 8

Temperance Term

| W/C | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | HALF TERM |
|----------------|--|--|--|---|--|--|--|-----------|
| Topic | Accurate Replication in Health-Related Fitness | | | | | Invasion Games in Football and Netball | | |
| Core – Group 1 | Health and Fitness: COF Tests Circuit & MSFT | Health and Fitness: Circuit Training and HITT | Health and Fitness: Fartlek training and plyometrics (vertical jump test) (swap after 5 lessons) | Basketball: Ball Control & Sending and receiving | Basketball: Support & Shooting Inter-House Matches | Football: sending and receiving and Match Play Netball: sending and receiving & Footwork and Pivoting | Netball: Positions and Match Play | |
| Core – Group 2 | Basketball: Ball Control & Sending and receiving | Basketball: Support & Shooting | Basketball: Penetration & Inter-House Matches | Health and Fitness: Circuit Training and HITT | Health and Fitness: COF Tests Circuit & MSFT | Netball: Positions and Match Play Football: Passing and Receiving | Football: support in attack | |
| Challenge | Know the constituent parts of warming up | Understand the effects of exercise Definitions of the components of fitness | Link component to fitness test, plus knowledge of the main procedures of each | Understand the distinctions between different types of training | Understand the basic cardio-respiratory system | Understand the basic difference between anaerobic and aerobic exercise | Bones - Identification of the bones at common joints | |

| W/C | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | CHRISTMAS |
|----------------|---|--|---|---|---|---------------------------------------|-----------|
| Topic | Invasion Games in Football and Netball <i>(Guided Groupings in Sport Education Approach)</i> | | | | | Alternative Sport | |
| Core – Group 1 | Football: Width of Play & Depth of Play | Football: Maintaining Possession | Football: Penetration & Counterattack | Football: Defensive Pressure & Defensive Cover and Delay | Football: Inter-House Matches and competition final | Danish Longball Inter-House | |
| Core – Group 2 | Netball: Creating space and Passes leading the player | Netball: outwitting opponents; Attacking strategies (Dodging) | Netball: go forwards (Shooting & Rebounding) | Netball: Match Play and Officiating | Netball: Inter-House Matches and competition final | Danish Longball Inter-House | |
| Challenge | Muscles - Location of the muscles use in key movements | Joint Movements – identify during common actions | Joint Movements – identify during common actions | Biomechanics – knowledge of axis and associated actions | Biomechanics – knowledge of axis and associated actions | Completion of end of term online quiz | |

Physical Education Long Term Plan Year 8

Justice Term

| W/C | Week 14 | Week 15 | Week 16 | Week 17 | Week 18 | Week 19 | HALF TERM |
|----------------|---|--|---|--|---|--|-----------|
| Topic | Invasion Games in Rugby / Aesthetic movements in gymnastics | | | | | | |
| Core – Group 1 | Gymnastics: Balance & Rotation / Travel | Gymnastics: Flight & Rhythmic | Gymnastics: Inter-House Team Gym & Parkour | Touch Rugby: Sending and receiving & Go forward | Touch Rugby: Support & Defensive pressure | Touch Rugby: Continuity & Inter-House Matches | |
| Core – Group 2 | Touch Rugby: Sending and receiving & Go forward | Touch Rugby: Support & Defensive pressure | Touch Rugby: Continuity & Inter-House Matches | Gymnastics: Balance & Rotation / Travel | Gymnastics: Flight & Rhythmic | Gymnastics: Inter-House Team Gym & Parkour | |
| Challenge | Distributed learning - Know the constituent parts of warming up | Basic definition of the following skill classifications and examples: simple & complex | Distributed learning - Understand the effects of exercise | Basic definition of the following skill classifications and examples: gross & fine | Distributed learning - Definitions of the components of fitness | Know and use the types of feedback | |

| W/C | Week 20 | Week 21 | Week 22 | Week 23 | Week 24 | Week 25 | EASTER |
|----------------|--|--|---|--|--|--|--------|
| Topic | Hand-Eye Co-ordination in Alternative Sports / Girls football | | | | | | |
| Core – Group 1 | Roundnet: Familiarisation pass and spike & Support | Roundnet: Offensive pressure & Inter-House matches Badminton: OHC, high serve & Drop shot, low serve | Badminton: Attacking space & Inter-House Matches | Ultimate Frisbee: Backhand Throw/ Grip & Catching | Ultimate Frisbee: Basic Rules Interhouse Match Play Handball / Tchoukball: Passing & Receiving and Dribbling | Handball / Tchoukball: Shooting & Inter-house matches | |
| Core – Group 2 | Badminton: OHC, high serve & Drop shot, low serve | Badminton: Attacking space & Inter-House Matches Roundnet: familiarisation pass and spike & Support | Roundnet: Offensive pressure & Inter-House Matches | Football: sending and receiving | Football: Football : Width of Play & Depth of Play | Football: Penetration & Counter Attack Inter-house matches | |
| Challenge | Distributed learning - Understand the distinctions between different types of training | Know and use the types of guidance | Distributed learning - Understand the basic cardio-respiratory system | Understand the difference between intrinsic and extrinsic motivation | Distributed learning - Understand the basic difference between anaerobic and aerobic exercise | Completion of end of term online quiz | |

Physical Education Long Term Plan Year 8

Courage Term

| W/C | Week 26 | Week 27 | Week 28 | Week 29 | Week 30 | Week 31 | HALF TERM |
|----------------|---|---|---|---|---|---|-----------|
| Topic | Striking and Fielding and Outdoor Adventurous Activities | | | | | | |
| Core – Group 1 | Cricket: Seam Bowling & Basic Batting Technique | Cricket: Bowling with accuracy & Running between the wickets / calls | Cricket: Wicketkeeping & Inter-House Matches | OAA: Trust & Team Building | OAA: Decision Making & Leadership | OAA: Orienteering & Inter-House challenge | |
| Core – Group 2 | OAA: Trust & Team Building | OAA: Decision Making & Leadership | OAA: Orienteering & Inter-House challenge | Cricket: Seam Bowling & Basic Batting Technique | Cricket: Bowling with accuracy & Running between the wickets / calls | Cricket: Wicketkeeping & Inter-House Matches | |
| Challenge | Distributed learning - Basic definition of the following skill classifications and examples: simple & complex | Distributed learning - Bones - Identification of the bones at common joints | Distributed learning - Basic definition of the following skill classifications and examples: gross & fine | Distributed learning - Know and use the types of feedback | Distributed learning - Muscles - Location of the muscles use in key movements | Distributed learning - Know and use the types of guidance | |

| W/C | Week 32 | Week 33 | Week 34 | Week 35 | Week 36 | Week 37 | SUMMER |
|-----------|---|---|--|--|---|---|--------|
| Topic | Athletics and Team Events | | | | | | |
| Core | Lesson 1 - High Jump (SH) Lesson 2 - Middle Distance (MUGA) | Lesson 1 - Long Jump (SH) Lesson 2 - Sprint / 30m Dash! (MUGA) | Lesson 1 - Triple Jump (SH) Lesson 2 - Relay (MUGA) | Lesson 1 - Indoor Shot (SH) Lesson 2 - Plastic Javelin (MUGA) | SPORTS DAY Lesson 1 - Blanket Ball (SH) Lesson 2 - Primary Sports (MUGA) | Lesson 1 - Dodgeball (SH) Lesson 2 - Muggle Quidditch (MUGA) | |
| Challenge | Distributed learning - Understand the difference between intrinsic and extrinsic motivation | Distributed learning - Joint Movements – identify during common actions | Distributed learning - Biomechanics – knowledge of axis and associated actions | Distributed learning - Know the constituent parts of warming up | Break or set new school records | Completion of end of year online quiz | |