



Department: PE

Year Group: 8

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn term 1	Netball	<p>To build upon understanding of the rules of netball</p> <p>To build upon throwing and catching techniques for different passes linking to footwork</p> <p>To build upon their dodging skills with the feint and double dodge</p> <p>To understand and demonstrate the first stage of defence technique and how this may vary depending on playing position.</p>	Skills in isolation and game play	<p>Extracurricular clubs for a wide range of sports and activities</p> <p>Opportunities to take part in competitions at different levels :</p> <ul style="list-style-type: none"> • Interform • Local city • Local LSSP • County
	Dance	<p>To understand the Shrek theme</p> <p>To be able to create a trio and group motif</p> <p>To know and understand different dynamics and start to include them in choreography</p> <p>To know and understand different expressive skills</p> <p>To be able to perform learnt choreography to others</p>	Skills in isolation and performance	Research into the dance theme of “Shrek” by accessing and watching videos
Autumn term 2	Sports Hall Athletics	<p>To be able to take part in different sports hall events in both track and field</p> <p>To be able to work as a team and take part in a competition to gain points</p> <p>To be able to officiate different events</p>	<p>Times and distances</p> <p>Skills in isolation</p> <p>Officiating roles</p>	

	OAA	<p>To develop trust with others through communication skills</p> <p>To start to develop navigational awareness</p> <p>To develop strategic planning as a team to problem solve</p>	<p>Problem solving strategies and ability to work in a team</p>	
Spring term 1	Netball	<p>To know and understand the three stages of defence</p> <p>To be able to catch the ball from a variety of situations with improved technique and greater consistency.</p> <p>To be able to outwit opponents using a variety of dodges with accuracy and timing.</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques</p> <p>Start to understand some tactics in game p</p>	<p>Skills in isolation and game play</p>	
	Fitness	<p>To understand a selection of key components of Fitness.</p> <p>To explore different types of training and understand how they improve different components of fitness</p>	<p>Ability to manually take heart rate</p> <p>Technique and understanding of different fitness exercises</p>	
Spring term 2	Football	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To develop strategic and tactical play.</p>	<p>Skills in isolation and game play</p>	

	Gymnastics	<p>To understand what balance is and be able to travel in and out of individual balances.</p> <p>To be able to perform balances with a partner</p> <p>To develop sequence building skills using a range of actions, skills, and agilities; both on the floor and on apparatus.</p> <p>To be able to observe and evaluate performances giving supportive feedback</p>	Skills in isolation and performance	
Summer term	Rounders	<p>To develop understanding of the long barrier technique</p> <p>To develop bowling and throwing and catching technique</p> <p>To develop batting technique based around hitting into space</p> <p>To have more understanding of rules and start to develop tactical game play</p>	Skills in isolation and game play	
	Athletics	<p>To develop understanding of sprinting technique and to develop a basic sprint start</p> <p>To develop the concept of pacing</p> <p>To develop throwing technique for different throwing events</p> <p>To develop the basic technique for jumping events</p> <p>To take on the roles of athlete, coach and official</p>	<p>Times and distances</p> <p>Skills in isolation</p> <p>Officiating roles</p>	