

Physical Education - Subject outline for Year 8

Half Term	Core learning	Challenge or extension learning	Key assessment tasks for KS3 or controlled assessment title and timing for KS4 and KS5
Autumn 1st	<u>Health Related Fitness</u> <ul style="list-style-type: none"> The components of fitness and how they can be improved. Fitness Testing 	<ul style="list-style-type: none"> Development of fitness plans that can be used outside school 	<ul style="list-style-type: none"> Fitness Test results and analysis compared to Year 7 results.
	<u>Netball</u> <ul style="list-style-type: none"> Passing and moving, receiving and footwork skills. Roles of the 7 positions in a game. Tactics and strategies in defensive and offensive situations. Leadership skills in small groups 	<ul style="list-style-type: none"> Opportunities for successful students to take on greater leadership responsibilities. Extra- curricular opportunities for those students interested in developing further including matches against other schools, 	<ul style="list-style-type: none"> Performance in practices and small sided games. Use a variety of tactics. Knowledge of the basic rules in games situations.
Half term			
Autumn 2nd	<u>Dance</u> <ul style="list-style-type: none"> Develop understanding of performance skills. Focus on dance from another culture e.g Indian, African Choreography of motifs 	<ul style="list-style-type: none"> Extra-curricular opportunities. 	<ul style="list-style-type: none"> Knowledge of performance skills required from a different culture.
	<u>Futsal</u> <ul style="list-style-type: none"> Passing, stopping and dribbling skills. Understand tactics and strategies. Knowledge and rules 	<ul style="list-style-type: none"> Extra-curricular opportunities and schools league. 	<ul style="list-style-type: none"> Performance of skills. Use of tactics in small sided games. Leadership in small groups.
Christmas Holiday			
Spring 1st	<u>Futsal continued...</u>		
	<u>Gymnastics</u> <ul style="list-style-type: none"> Travel and flight movements. Development of sequences with use of rotation and balance. Use of equipment in the sequences. 	<ul style="list-style-type: none"> Extra-curricular opportunities. 	<ul style="list-style-type: none"> Assessment of motif linking movements together.
Half term			
Spring 2nd	<u>Rugby</u> <ul style="list-style-type: none"> Passing, running and contact skills. Tactics and strategies in defensive and offensive situations. Leadership skills in small groups 	<ul style="list-style-type: none"> Opportunities for successful students to take on greater leadership responsibilities. Extra- curricular opportunities for those students interested in developing further including matches against other schools, 	<ul style="list-style-type: none"> Performance in practices and small sided games. Use a variety of tactics. Knowledge of the basic rules in games situations.

Easter Holiday			
Summer 1st	<u>Striking and Fielding Cricket</u> <ul style="list-style-type: none"> • Exploring defensive and attacking batting, different types of bowling and fielding. • Development strategy and tactics and captaincy skills. • Leadership skills 	<ul style="list-style-type: none"> • Opportunities for successful students to take on greater leadership responsibilities. 	<ul style="list-style-type: none"> • Performance in practices and small sided games. • Use a variety of tactics. • Knowledge of the basic rules in games situations.
Half term			
Summer 2nd	<u>Athletics</u> <ul style="list-style-type: none"> • Running, jumping and throwing skills. • Analyses their own performance and the performance of others through the use of ICT <u>Tennis</u> <ul style="list-style-type: none"> • Development of serving, forehand and backhand shots to fit in with the use of tactics and strategy. • Tactics and strategy in doubles 	<ul style="list-style-type: none"> • Extra-curricular athletics including inter-school event and inter-county events. 	<ul style="list-style-type: none"> • Continual assessment. • Evaluation skills
Summer Holiday			