

Year 8 Big Picture – Physical Education

Autumn 01 Weeks 1 – 8 (8 weeks)	Autumn 02 Weeks 9 – 15 (7 weeks)	Spring 01 Weeks 16 – 21 (6 weeks)
<p>Content: Year 8 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Football or Trampolining. Please see the POS to find out which group is being taught which sport.</p> <p>POS 25-26.docx</p> <p>During Trampolining, students will focus on:</p> <ul style="list-style-type: none"> ➤ Fundamental skills such as shapes, balances, twists, turns & landings ➤ Understand the Health & Safety ➤ Individual sequencing of routines ➤ Strength and suppleness when working with others <p>During Invasion Games (Football), students will focus on:</p> <ul style="list-style-type: none"> ➤ Skill combinations and more complex skills and skills under pressure ➤ Unit attacking and defending skills and principles ➤ More complex tactics ➤ Small game rules and positions 	<p>Content: Year 8 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Trampolining, Badminton or Netball. Please see the POS to find out which group is being taught which sport.</p> <p>POS 25-26.docx</p> <p>During Net and Wall Games (Badminton), students will focus on:</p> <ul style="list-style-type: none"> ➤ Coordination and footwork skills in combination ➤ Wider range of skills to maintain and win rallies, including use of backhand ➤ Attacking and defending tactics ➤ More advanced rules and officiating <p>During Trampolining, students will focus on:</p> <ul style="list-style-type: none"> ➤ Fundamental skills such as shapes, balances, twists, turns & landings ➤ Understand the Health & Safety ➤ Individual sequencing of routines ➤ Strength and suppleness when working with others <p>During Invasion Games (Netball), students will focus on:</p> <ul style="list-style-type: none"> ➤ Skill combinations and more complex skills and skills under pressure ➤ Unit attacking and defending skills and principles ➤ More complex tactics ➤ Small game rules and positions 	<p>Content: Year 8 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Badminton or Rugby. Please see the POS to find out which group is being taught which sport.</p> <p>POS 25-26.docx</p> <p>During Net and Wall Games (Badminton), students will focus on:</p> <ul style="list-style-type: none"> ➤ Coordination and footwork skills in combination ➤ Wider range of skills to maintain and win rallies, including use of backhand ➤ Attacking and defending tactics ➤ More advanced rules and officiating <p>During Invasion Games (Rugby), students will focus on:</p> <ul style="list-style-type: none"> ➤ Skill combinations and more complex skills and skills under pressure ➤ Unit attacking and defending skills and principles ➤ More complex tactics ➤ Small game rules and positions

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<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for TRAMPOLINING CORE TASK – 7 Bounce Routine Students will create a 7-bounce routine which will include any of the shapes, turns and landings covered in unit of work.</p> <p>Mini Test 1 for FOOTBALL CORE TASK – 3v2: Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal.</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for BADMINTON CORE TASK – Singles Game Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student.</p> <p>Mini Test 1 for TRAMPOLINING CORE TASK – 7 Bounce Routine Students will create a 7-bounce routine which will include any of the shapes, turns and landings covered in unit of work.</p> <p>Mini Test 1 for NETBALL CORE TASK – 3v3: Students' knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation.</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for BADMINTON CORE TASK – Singles Game Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student.</p> <p>Mini Test 1 for RUGBY CORE TASK – 3v3: Students' knowledge and application of correct tackling, correct passing techniques, movement off the ball and decision making, when attacking and defending in a competitive situation.</p>

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Spring 02 Weeks 22 – 27 (6 weeks)	Summer 01 Weeks 28 – 32 (5 weeks)	Summer 02 Weeks 33 – 39 (7 weeks)
<p>Content: Year 8 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Trampolining, Badminton or Rugby. Please see the POS to find out which group is being taught which sport.</p> <p><u>POS 25-26.docx</u></p> <p>During Net and Wall Games (Badminton), students will focus on:</p> <ul style="list-style-type: none"> ➢ Coordination and footwork skills in combination ➢ Wider range of skills to maintain and win rallies, including use of backhand ➢ Attacking and defending tactics ➢ More advanced rules and officiating <p>During Trampolining, students will focus on:</p> <ul style="list-style-type: none"> ➢ Fundamental skills such as shapes, balances, twists, turns & landings ➢ Understand the Health & Safety ➢ Individual sequencing of routines ➢ Strength and suppleness when working with others <p>During Invasion Games (Rugby), students will focus on:</p> <ul style="list-style-type: none"> ➢ Skill combinations and more complex skills and skills under pressure ➢ Unit attacking and defending skills and principles ➢ More complex tactics ➢ Small game rules and positions 	<p>Content: Year 8 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in Athletics. Please see the Athletics carousel documents to find out which group is being taught which athletic event.</p> <p><u>POS 25-26.docx</u></p> <p>During Athletics events, students will focus on:</p> <ul style="list-style-type: none"> ➢ More advanced running (including over barriers if not yet covered), jumping and throwing skills applied to specific events (and multi-events) as appropriate. Concept of PB and how to improve on performance ➢ Competition-specific rules 	<p>Content: Year 8 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Cricket or Rounders. Please see the POS to find out which group is being taught which sport.</p> <p><u>POS 25-26.docx</u></p> <p>During Striking & Fielding Games (Cricket and Rounders), students will focus on:</p> <ul style="list-style-type: none"> ➢ More advanced skills that can be used in defensive and offensive situations ➢ More complex tactics ➢ Small games rules and positions

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<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for BADMINTON CORE TASK – Singles Game Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student.</p> <p>Mini Test 1 for TRAMPOLINING CORE TASK – 7 Bounce Routine Students will create a 7-bounce routine which will include any of the shapes, turns and landings covered in unit of work.</p> <p>Mini Test 1 for RUGBY CORE TASK – 3v3: Students' knowledge and application of correct tackling, correct passing techniques, movement off the ball and decision making, when attacking and defending in a competitive situation.</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for ATHLETICS No Core Task but students' performances in sprints, middle distance, throws and jumps will be measured against time and distance. In Athletics, students will take part in a mini 'Sports Day' where they will choose an event to compete in against other students in their band.</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for CRICKET CORE TASK – Diamond Cricket Students will get into teams, playing the role of batter, wicket keeper, fielder, and a bowler.</p> <p>Mini Test 1 for ROUNDERS CORE TASK – Mini Games Students to be split into teams of 6 (Batter, Bowler, Backstop, Fielders). Each student has 3 throws each and the aim is to throw the ball as far as possible to score runs for their team.</p>
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