

Year 8

Timing	Unit Title	Key Question	Knowledge	Assessing Understanding
Autumn		<ul style="list-style-type: none"> ● Can you select and apply an advanced range of passing and receiving skills in hockey in a 7 sided game? ● Can you select and apply a range of passing and receiving skills in Netball and Rugby in a full sided game? ● Can you select and apply a range of balances to perform a sequence of paired balances in a routine? 	<p>Hockey:</p> <ul style="list-style-type: none"> ● Carrying the ball ● Dribbling – Open and Reverse Stick ● Push pass – v-drag, roll out and lateral drag ● Shooting/Striking ● Tackling: Block tackles ● Push and slap hits ● Formations in a 7-a-side match ● V-Drag & Roll Outs <p>Netball:</p> <ul style="list-style-type: none"> ● Footwork (The Running Pass/Turning on the outside/Inside) ● 3 Types of dodges (Sprint/Feint/Double) ● Front Cut and reverse pivot ● Positioning ● Defensive Strategies: Marking player and the ball <p>Gymnastics:</p> <ul style="list-style-type: none"> ● Matching and Mirroring Balances ● Counter tension/Counter Balance ● Partially Supported Balances ● Fully Supported Balances ● Synchronisation in choreography ● Performance to music 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations <p>Assessment Point Information:</p> <p>At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one</p>

				<p>amalgamated grade based on the average grade awarded for each activity.</p>
<p>Spring</p>		<ul style="list-style-type: none"> ● Can you select and apply an advanced range of passing and receiving skills in Football in a 7-a-side game? ● Can you perform and choreograph a sequence to a set theme in the style of Cheerleading ● Can you perform advanced strokes in a rally to develop into a competitive points system? ● Can you perform advanced passing shots and develop team play to set up a point in Volleyball? 	<p>Football:</p> <ul style="list-style-type: none"> ● Dribbling and turning ● Control of the ball - two-touch Football ● Passing ● Shadowing and advanced tackling ● Formations and positions for a 7-a-side game. ● Refereeing small sided matches. <p>Dance:</p> <ul style="list-style-type: none"> ● Learn a set Motif using the theme and style of Cheerleading which includes the principles of: ● Get Down Position ● Cheerleading Stances ● Lifts ● Motif Creation ● Develop own choreography <p>Basketball:</p> <ul style="list-style-type: none"> ● Dribbling and pivoting ● Passing and catching ● Attacking strategies ● Shooting technique - grip, stance and follow through ● Shooting technique - lay up ● Knowledge and understanding of the rules of basketball <p>Badminton:</p> <ul style="list-style-type: none"> ● Grip, ready position ● Serving ● Forehand 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations <p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one

			<ul style="list-style-type: none"> ● Backhand ● Drop Shot ● Tactics ● Knowledge and understanding of the rules of badminton <p>Volleyball:</p> <ul style="list-style-type: none"> ● Volleyball fundamentals – increasing movement ● Re-Cap of the passing shots (Set/Volley) ● Setting on the move ● Dig – on the move and reverse digging ● Developing set plays in volleyball 4-a-side ● Formations and rotations for 4-a-side Volleyball 	<p>amalgamated grade based on the average grade awarded for each activity.</p>
<p>Summer</p>		<ul style="list-style-type: none"> ● Can you perform advanced strokes in a rally to develop into a competitive points system? ● Can you select and apply an advanced range of skills which are involved with athletic events? ● Can you select and apply advanced striking and 	<p>Tennis:</p> <ul style="list-style-type: none"> ● Placement – forehand and backhand ● Volleying at the net ● Serving ● Singles and Doubles Play <p>Athletics:</p> <ul style="list-style-type: none"> ● Middle Distance Events (800m) ● Sprinting (100m/200m) ● Relay ● Throwing Events (Discus/Javelin/Shot Putt) ● Jumping Events (Long Jump/High Jump) ● Understand the rules and measuring of different athletic events <p>Rounders:</p>	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge & understanding on the areas listed opposite. These include the ability to: ● Acquire & develop core technical physical skills ● Select & apply appropriate technical & tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules & terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's' performance. <p>Skills:</p> <ul style="list-style-type: none"> ● Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as: ● Scoring systems in the sport they are studying

	<p>fielding positons within a small sided game of rounders?</p> <ul style="list-style-type: none"> ● Can you select and apply advanced striking and fielding positons within a small sided game of cricket? 	<ul style="list-style-type: none"> ● Advanced Bowling strategies (Spin/Donkey Drop) ● Distance Throwing ● Directional and Placed batting ● Backwards Hit ● Off-Post Stumping ● Formation of Fielders ● Umpiring and knowledge of the rules ● Understand the rules and scoring of rounders <p>Cricket:</p> <ul style="list-style-type: none"> ● Advanced Fielding Skills (Target fielding & Distance fielding) ● Overarm throwing ● Bowling ● Different Batting strokes ● Off-Stump fielding ● Applying the roles of fielders within Cricket (Wicket Keeping) ● Understanding of the rules and scoring of cricket. 	<ul style="list-style-type: none"> ● Key terminology used within a sport ● Awareness of the physical fitness levels required to benefit performance within a sport ● Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations ● Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. <p>Assessment Point Information:</p> <ul style="list-style-type: none"> ● At the end of each half term, students are awarded a grade for each activity they participate in. For each assessment point, students will receive one amalgamated grade based on the average grade awarded for each activity.
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