

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"> • Dribbling - open and reverse • Passing - push and slap • Defensive strategies - block tackles and jab tackle • Attacking strategies and conditioned games • Shooting circuit • Developing match play and positions <p>Netball:</p> <ul style="list-style-type: none"> • Throwing and catching: one handed/ball control and ball manipulation • Footwork: landing on different feet • Attacking strategies: dodges and sequences of passing • Defending strategies: marking the ball/the player/the space • Set plays • Position and position specific skills • Developing match play, positions and umpiring <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 and understanding on the areas listed opposite. These include the ability to: • Acquire and develop core technical physical skills • Select & apply appropriate technical and tactical skills into match play • Make appropriate decisions in competitive situations regarding application of rules and 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 and teamwork skills in relation to the knowledge and understanding they develop, as well as: <ul style="list-style-type: none"> ○ 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 and cooperation within a variety of competitive situations.

	<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? 	<p>Football:</p> <ul style="list-style-type: none"> ● Dribbling and turning ● Control of the ball - two-touch Football ● Passing ● Movement off the ball to receive a pass ● Jockeying and tackling ● Shadowing and advanced tackling ● Formations and positions for a 7-a-side game. ● Refereeing small sided matches. 	<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 amalgamated grade based on the average grade awarded for each activity.</p> <ul style="list-style-type: none"> ● Students are assessed on: <ul style="list-style-type: none"> - Performance of skills and techniques in isolation/unopposed situations - Application of skills, techniques and decision making under pressure during a conditioned match/competitive situation.
Spring	<ul style="list-style-type: none"> ● 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? 	<p>Dance:</p> <ul style="list-style-type: none"> ● Introduction to the Charleston ● Students are taught a teacher led choreography ● Lifts ● Students create group choreography ● Action, Space, Dynamics and Relationships <p>Basketball:</p> <ul style="list-style-type: none"> ● Dribbling and pivoting ● Passing and catching ● Attacking strategies ● Man-to-man marking ● Shooting technique - grip, stance and follow through ● Shooting technique - lay up ● Knowledge and understanding of the rules of basketball 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge and understanding on the areas listed opposite. These include the ability to: ● Acquire and develop core technical physical skills ● Select and apply appropriate technical and tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules and terminology of the sports ● Be able to provide constructive and appropriate feedback on their own or another's performance.

		<ul style="list-style-type: none"> ● Can you perform advanced passing shots and develop team play to set up a point in Volleyball? 	<p>Badminton:</p> <ul style="list-style-type: none"> ● Grip, ready position ● Serving ● Forehand ● Backhand ● Drop Shot ● The drive - develop into lift ● 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>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 and 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 amalgamated grade based on the average grade awarded for each activity. ● Students are assessed on: <ul style="list-style-type: none"> - Performance of skills and techniques in isolation/unopposed situations - Application of skills, techniques and decision making under pressure during a conditioned match/competitive situation.
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Summer	<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 fielding positions within a small sided game of rounders? 	<p>Tennis:</p> <ul style="list-style-type: none"> ● Forehand ● Backhand ● Rally development ● Volleying at the net ● Serving ● Singles and Doubles Play <p>Athletics:</p> <ul style="list-style-type: none"> ● Throwing events - shot put, discus, javelin ● Jumping events - high jump (scissor kick/fosbury flop), triple jump, long jump ● Track events - 100m, 200m, 800m, 1500m and relay <p>Rounders:</p> <ul style="list-style-type: none"> ● Catching ● Bowling strategies (Spin/Donkey Drop) ● Batting - Position, placement and power ● Umpiring and knowledge of the rules ● Understand the rules and scoring of rounders 	<p>Knowledge & Understanding:</p> <ul style="list-style-type: none"> ● Students are expected to develop a range of knowledge and understanding on the areas listed opposite. These include the ability to: ● Acquire and develop core technical physical skills ● Select & apply appropriate technical and tactical skills into match play ● Make appropriate decisions in competitive situations regarding application of rules and 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 and teamwork skills in relation to the knowledge and understanding they develop, as well as: <ul style="list-style-type: none"> ○ 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 and 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.
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	<ul style="list-style-type: none"> ● Can you select and apply advanced striking and fielding positions within a small sided game of cricket? 	<p>Cricket:</p> <ul style="list-style-type: none"> ● Advanced fielding skills: overarm throw, backing up and throwing into stumps ● Bowling ● Attacking shots: drives and pull ● Defensive shots: blocks ● Conditioned matches: 8 aside ● Understanding of the rules and scoring of cricket. 	<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. ● Students are assessed on: <ul style="list-style-type: none"> - Performance of skills and techniques in isolation/unopposed situations - Application of skills, techniques and decision making under pressure during a conditioned match/competitive situation.
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