

Year 8

Timing	Key Question	Knowledge	Assessing Understanding
Autumn	- 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 in a full sided game? - Can you select and apply a range of balances to perform a sequence of paired/trio balances in a routine? - Can you select and apply an	Hockey: - 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 Netball: - 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 Gymnastics: - Matching and Mirroring Balances - Counter tension/Counter Balance - Partially Supported Balances - Fully Supported Balances - Paired balances and trio balances - Synchronisation in choreography - Performance to music	Knowledge & Understanding: - 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. Skills: - 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 Assessment Point Information: 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

	advanced range of passing and receiving skills in Football in a 7-a- side game?	Football: • 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.	amalgamated grade based on the average grade awarded for each activity. • Students are assessed on: - 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	• Can you perform and choreograph a sequence to a set theme in the style of the Charleston • Can you perform advanced attacking and defensive skills in a conditioned game of basketball? • Can you perform advanced passing shots	Dance: • Introduction to the Charleston • Students are taught a teacher led choreography • Lifts • Students create group choreography • Action, Space, Dynamics and Relationships Basketball: • 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 Badminton: • Grip, ready position • Serving • Forehand • Backhand • Drop Shot	Knowledge & Understanding: • 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. Skills: • 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

	and develop team play to set up a point in Volleyball?	• The drive - develop into lift • Tactics • Knowledge and understanding of the rules of badminton Volleyball: • 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	• Understand loss/win situations and develop resilience & cooperation within a variety of competitive situations Assessment Point Information: • 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: - Performance of skills and techniques in isolation/unopposed situations - Application of skills, techniques and decision making under pressure during a conditioned match/competitive situation
Summer	• 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?	Tennis: • Forehand • Backhand • Rally development • Volleying at the net • Serving • Singles and Doubles Play Athletics: • Throwing events - shot put, discus, javelin • Jumping events - high jump (scissor kick/fosbury flop), triple jump, long jump • Track events - 100m, 200m, 800m and relay Cricket: • Advanced fielding skills: overarm throw, backing up and throwing into stumps	Knowledge & Understanding: • 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. Skills: • Students will be expected to develop numeracy, literacy & teamwork skills in relation to the knowledge & understanding they develop, as well as:

	• Can you select and apply advanced striking and fielding positions within a small sided game of cricket?	• Bowling • Attacking shots: drives and pull • Defensive shots: blocks • Conditioned matches: 8 aside • Understanding of the rules and scoring of cricket.	• 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 • Students will also be able to apply theoretical knowledge to physical performance such as how muscles work etc. Assessment Point Information: • 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: - 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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