

Physical Education

Team Byrchall - Sport for Life

- Promoting and celebrating success
- Encouraging all to lead a healthy, active lifestyle
- Giving any ability the chance to participate and engage
- Motivating all members of the school community
- Helping talented performers further develop
- Developing fair play and sportsmanship in students

'Team Byrchall – Sport for Life' encourages lifelong participation in sporting activity. The Team Byrchall ethos helps students to build confidence and security in PE, which in turn impacts on the high volume of students who are involved in extra-curricular activities both in and out of school.

PHYSICAL

- To promote an appreciation of physical movement through observation and analysis.
- To develop the student's ability to plan and compose movement sequences in a wide variety of activities.
- To develop the capacity to create and express ideas through the media of planning, performing and evaluating movement.
- To utilise modern technology to analyse physical performance and movement.
- To encourage the appreciation of and the ability to monitor physical fitness.
- To encourage students to remember, adapt and apply knowledge, skills and concepts in a variety of movement related activities.
- To promote the development of movement coordination, confidence and the acquisition of a range of motor skills.

PERSONAL

- To allow for students to work cooperatively and develop interpersonal and communication skills.
- To encourage responsible attitudes towards safety and develop a working knowledge of safe practice in all activities.
- To educate students with regard to health, hygiene and fitness.
- To give students the opportunity to discover and to use appropriately the facilities available locally.
- To develop a healthy attitude towards competition.
- To provide through all activities the highest form of enjoyment.

| | Grouping/ Rotation | Autumn | Spring | Summer |
|-------------|-----------------------|------------------------------------|----------------------------------|--|
| Year 8AB | 1Boys | Football, Rugby, Badminton | Fitness, Basketball, Hockey | Athletics, Softball, Ultimate Frisbee |
| | 2 Boys | Basketball, badminton, Football | Fitness, Rugby, handball | Athletics, Softball, Short Tennis |
| | 1 Girls | Hockey, Netball, Dance, | Fitness, Football, Gymnastics | Athletics, Rounders |
| | 2 Girls | Dance, Hockey, Netball | Fitness, Gymnastics, Football | Athletics, Rounders |
| Year 8CD | 1Boys | Rugby, Football, Badminton | Fitness, Basketball, Hockey | Athletics, Softball, Ultimate Frisbee |
| | 2 Boys | Football, Rugby, Basketball | Fitness, Badminton, Handball | Athletics, Softball, Short tennis |
| | 1 Girls | Netball, Hockey, Dance | Fitness, Football, Gymnastics | Athletics, Rounders |
| | 2 Girls | Dance, Netball, Hockey | Fitness, Gymnastics, Football | Athletics, Rounders |

Physical Education & Dance – Girls

| Unit | Duration (lessons) | Learning Objectives/Outcomes |
|---------|-----------------------|---|
| Netball | 8 | <ul style="list-style-type: none"> • Develop students' ability to perform a variety of passes correctly and with control • Reinforce correct landing techniques placing more emphasis on left & right receiving • To perform and develop the turn in the air in isolation • To refine the sprint and feint dodge & introduce the double feint • To perform and develop man to man marking understanding key teaching points of how to intercept the ball • To develop students understanding of attacking skills through holding space • Development of timing and special awareness • Development of shooting skills in isolation and under pressure • Explore various opportunities for set play during a game |

| | | |
|----------|---|---|
| Hockey | 8 | <ul style="list-style-type: none"> • Recap dribble, stop and reverse stick control, push pass • Introduce basic formations, games play • Continue to develop basic formations and positional play, basic skills application • Develop square passing, when and where? • Develop passing under pressure and individual role in game • Introduce 'slap' hit. Improve direction change with reverse stick • Apply passing skills in game situation, which pass and why? • Summative assessment lesson – game play skills |
| Dance | 8 | <ul style="list-style-type: none"> • Use images of Bollywood dance to create skills – learn basic footwork • Add Horse/limp step with arms – pairs to include into routine • Take pairs and create small groups – create entrance/start to dance • Teach tap step and horizontal circle step – add into routine. MID-POINT ASSESSMENT • Add a prop i.e. scarf • Add a travelling section – discuss style • Create an ending/exit • Final rehearsal and assessment |
| Fitness | 8 | <ul style="list-style-type: none"> • Introduction to Continuous Training – pacing and working to individual fitness levels • Implementation of pacing into 12 minute run – times recorded • Development of terrain and running surface via X-Country • Interval training - Team Bleep – use of normative data • Methods of training - Circuit Training (Fitness) – link to HRE benefits • Circuit Training (Skill) – link to Specific sports • Aerobics – Development of exercise to music |
| Football | 8 | <ul style="list-style-type: none"> • Develop individual movement with the ball (dribbling skills) • Apply dribbling to competitive situation • Develop short passing skills • Recap short passing and apply to competitive situation • Develop first touch and control with different body parts • Recap control, apply control to competitive situation • Develop shooting for power and shooting for accuracy |

| | | |
|------------|---|---|
| Gymnastics | 8 | <ul style="list-style-type: none"> • Develop the correct landing technique, equipment familiarisation • Develop tuck, star, and straight jumps • Add jump half turn, straddle and pike jump develop a jump sequence in threes • Develop squat and straddle on vaults • Develop the straddle over and squat through vaults • Best gymnastics vaults and jumps for summative assessments |
| Athletics | 8 | <ul style="list-style-type: none"> • To introduce students to the correct sprinting technique & develop their understanding of the acceleration phase • To continue to develop students understanding of correct running technique & re-cap knowledge of pacing and sprint finish • To continue to develop understanding of pacing & introduce movement around the track (use of inside lane) • To introduce students to relay changeover with a focus on the down sweep action • To develop students basic throwing technique and reinforce correct arm action and release of the ball • To introduce students to shot putt technique, focusing on stance, grip preparation and execution • To introduce students to the frosby flop technique • To introduce students to basic long jumping technique and to develop knowledge of approach and take off phase |
| Rounders | 8 | <ul style="list-style-type: none"> • Introduce throwing and catching skills • Introduce short barrier fielding technique • Introduce the long barrier fielding technique • Introduce striking the ball • Development of relationship between back stop and first base • Introducing responsibility of deep fielder • Positions of play, introduction to base players |

Physical Education & Dance – Boys

| Unit | Duration (lessons) | Learning Objectives/Outcomes |
|-----------|--------------------|--|
| Football | 8 | <ul style="list-style-type: none"> • Develop first touch and examine cushion and wedge control • Examine and recap short passing and movement off the ball • Development of dribbling skills and individual possession • Introduce long passing skills (driven & lofted) • Basic heading – attacking v defending headers • Defensive skills – 1v1 – jockeying and tackling • Goalkeeping basics – rolling and high balls • Summative assessment lessons – review unit |
| Rugby | 8 | <ul style="list-style-type: none"> • Recap of tackling technique and effective tackling to slow down the play the ball • Effective tackling in game situations, recap Rugby League rules • Play the ball activities, using these in game situations • Passing and support, moves to create space, 3v2 situations • Passing and support in game situations • Kicking & Receiving (grubber, punt, bomb) • Kicking & Receiving in competitive situations • Summative assessment – Competitive game situations |
| Badminton | 8 | <ul style="list-style-type: none"> • Court set up, basic grip, basic service • Recap grip, difference between high and low service, co-operative rally • Introduce ready position, basic attacking shots • Intro of overhead clear technique • Recap overhead clear and develop underarm clear • Basic drop shot technique, tactics for moving opponent around court • Development of smashing technique • Summative assessment lesson – game play skills |
| Fitness | 8 | <ul style="list-style-type: none"> • Introduction to Continuous Training – pacing and working to individual fitness levels • Implementation of pacing into 12 minute run – times recorded • Development of terrain and running surface via X-Country • Interval training - Team Bleep – use of normative data • Methods of training - Circuit Training (Fitness) – link to |

| | | |
|------------|---|---|
| | | <p>HRE benefits</p> <ul style="list-style-type: none"> • Circuit Training (Skill) – link to Specific sports • Aerobics – Development of exercise to music |
| Handball | 8 | <ul style="list-style-type: none"> • Development of dribbling skills and individual possession • Development of dribbling skills in a game situation • Introduce wrist passing and movement off the ball • Develop wrist passing and introduce a variety of passing into a game situation • Introduce set shot and jump shot techniques • Development of set shot and jump shot in a game situation • Introduce Goalkeeping basics • Summative assessment lessons – review unit |
| Basketball | 8 | <ul style="list-style-type: none"> • Expectations and Dribbling Skills • Develop passing and receiving specific to basketball • Develop pivoting when receiving the ball. The Set shot • Refine and analyse the set shot. The jump shot • The Lay-up • Refine and analyse the Lay-up • Basic Fast Break (Incorporating a lay-up following an attack) • Consolidation of skills and Assessment |
| Athletics | 8 | <ul style="list-style-type: none"> • To introduce students to the correct sprinting technique & develop their understanding of the acceleration phase • To continue to develop students understanding of correct running technique & re-cap knowledge of pacing and sprint finish • To continue to develop understanding of pacing & introduce movement around the track (use of inside lane) • To introduce students to relay changeover with a focus on the down sweep action • To develop students basic throwing technique and reinforce correct arm action and release of the ball • To introduce students to shot putt technique, focusing on stance, grip preparation and execution • To introduce students to the frosby flop technique • To introduce students to basic long jumping technique and to develop knowledge of approach and take off phase |

| | | |
|----------|---|---|
| Softball | 8 | <ul style="list-style-type: none">• Introduce throwing and catching skills• Introduce short barrier fielding technique• Introduce the long barrier fielding technique• Introduce striking the ball• Development of relationship between back stop and first base• Introducing responsibility of deep fielder• Positions of play, introduction to base players |
|----------|---|---|