

# Year 8 Physical Education Medium Term Plan

## Physical Education & Dance – Girls

Unit	Duration (lessons)	Learning Objectives/Outcomes
Netball	8	<ul style="list-style-type: none"> <li>• Develop students' ability to perform a variety of passes correctly and with control</li> <li>• Reinforce correct landing techniques placing more emphasis on left &amp; right receiving</li> <li>• To perform and develop the turn in the air in isolation</li> <li>• To refine the sprint and feint dodge &amp; introduce the double feint</li> <li>• To perform and develop man to man marking understanding key teaching points of how to intercept the ball</li> <li>• To develop students understanding of attacking skills through holding space</li> <li>• Development of timing and special awareness</li> <li>• Development of shooting skills in isolation and under pressure</li> <li>• Explore various opportunities for set play during a game</li> </ul>
Hockey	8	<ul style="list-style-type: none"> <li>• Recap dribble, stop and reverse stick control, push pass</li> <li>• Introduce basic formations, games play</li> <li>• Continue to develop basic formations and positional play, basic skills application</li> <li>• Develop square passing, when and where?</li> <li>• Develop passing under pressure and individual role in game</li> <li>• Introduce 'slap' hit. Improve direction change with reverse stick</li> <li>• Apply passing skills in game situation, which pass and why?</li> <li>• Summative assessment lesson – game play skills</li> </ul>
Dance	8	<ul style="list-style-type: none"> <li>• Use images of Bollywood dance to create stills – learn basic footwork</li> <li>• Add Horse/limp step with arms – pairs to include into routine</li> <li>• Take pairs and create small groups – create entrance/start to dance</li> <li>• Teach tap step and horizontal circle step – add into routine. MID-POINT ASSESSMENT</li> <li>• Add a prop i.e. scarf</li> <li>• Add a travelling section – discuss style</li> <li>• Create and ending/exit</li> <li>• Final rehearsal and assessment</li> </ul>

Fitness	8	<ul style="list-style-type: none"> <li>• Introduction to Continuous Training – pacing and working to individual fitness levels</li> <li>• Implementation of pacing into 12 minute run – times recorded</li> <li>• Development of terrain and running surface via X-Country</li> <li>• Interval training - Team Bleep – use of normative data</li> <li>• Methods of training - Circuit Training (Fitness) – link to HRE benefits</li> <li>• Circuit Training (Skill) – link to Specific sports</li> <li>• Aerobics – Development of exercise to music</li> </ul>
Football	8	<ul style="list-style-type: none"> <li>• Develop individual movement with the ball (dribbling skills)</li> <li>• Apply dribbling to competitive situation</li> <li>• Develop short passing skills</li> <li>• Recap short passing and apply to competitive situation</li> <li>• Develop first touch and control with different body parts</li> <li>• Recap control, apply control to competitive situation</li> <li>• Develop shooting for power and shooting for accuracy</li> </ul>
Gymnastics	8	<ul style="list-style-type: none"> <li>• Develop the correct landing technique, equipment familiarisation</li> <li>• Develop tuck, star, and straight jumps</li> <li>• Add jump half turn, straddle and pike jump develop a jump sequence in threes</li> <li>• Develop squat and straddle on vaults</li> <li>• Develop the straddle over and squat through vaults</li> <li>• Best gymnastics vaults and jumps for summative assessments</li> </ul>
Athletics	8	<ul style="list-style-type: none"> <li>• To introduce students to the correct sprinting technique &amp; develop their understanding of the acceleration phase</li> <li>• To continue to develop students understanding of correct running technique &amp; re-cap knowledge of pacing and sprint finish</li> <li>• To continue to develop understanding of pacing &amp; introduce movement around the track (use of inside lane)</li> <li>• To introduce students to relay changeover with a focus on the down sweep action</li> <li>• To develop students basic throwing technique and reinforce correct arm action and release of the ball</li> <li>• To introduce students to shot putt technique, focusing on stance, grip preparation and execution</li> <li>• To introduce students to the froby flop technique</li> <li>• To introduce students to basic long jumping technique and to develop knowledge of approach and take off phase</li> </ul>

Rounders	8	<ul style="list-style-type: none"> <li>• Introduce throwing and catching skills</li> <li>• Introduce short barrier fielding technique</li> <li>• Introduce the long barrier fielding technique</li> <li>• Introduce striking the ball</li> <li>• Development of relationship between back stop and first base</li> <li>• Introducing responsibility of deep fielder</li> <li>• Positions of play, introduction to base players</li> </ul>
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## Physical Education & Dance – Boys

Unit	Duration (lessons)	Learning Objectives/Outcomes
Football	8	<ul style="list-style-type: none"> <li>• Develop first touch and examine cushion and wedge control</li> <li>• Examine and recap short passing and movement off the ball</li> <li>• Development of dribbling skills and individual possession</li> <li>• Introduce long passing skills (driven &amp; lofted)</li> <li>• Basic heading – attacking v defending headers</li> <li>• Defensive skills – 1v1 – jockeying and tackling</li> <li>• Goalkeeping basics – rolling and high balls</li> <li>• Summative assessment lessons – review unit</li> </ul>
Rugby	8	<ul style="list-style-type: none"> <li>• Recap of tackling technique and effective tackling to slow down the play the ball</li> <li>• Effective tackling in game situations, recap Rugby League rules</li> <li>• Play the ball activities, using these in game situations</li> <li>• Passing and support, moves to create space, 3v2 situations</li> <li>• Passing and support in game situations</li> <li>• Kicking &amp; Receiving (grubber, punt, bomb)</li> <li>• Kicking &amp; Receiving in competitive situations</li> <li>• Summative assessment – Competitive game situations</li> </ul>
Badminton	8	<ul style="list-style-type: none"> <li>• Court set up, basic grip, basic service</li> <li>• Recap grip, difference between high and low service, co-operative rally</li> <li>• Introduce ready position, basic attacking shots</li> <li>• Intro of overhead clear technique</li> <li>• Recap overhead clear and develop underarm clear</li> <li>• Basic drop shot technique, tactics for moving opponent around court</li> <li>• Development of smashing technique</li> <li>• Summative assessment lesson – game play skills</li> </ul>

Fitness	8	<ul style="list-style-type: none"> <li>• Introduction to Continuous Training – pacing and working to individual fitness levels</li> <li>• Implementation of pacing into 12 minute run – times recorded</li> <li>• Development of terrain and running surface via X-Country</li> <li>• Interval training - Team Bleep – use of normative data</li> <li>• Methods of training - Circuit Training (Fitness) – link to HRE benefits</li> <li>• Circuit Training (Skill) – link to Specific sports</li> <li>• Aerobics – Development of exercise to music</li> </ul>
Handball	8	<ul style="list-style-type: none"> <li>• Development of dribbling skills and individual possession</li> <li>• Development of dribbling skills in a game situation</li> <li>• Introduce wrist passing and movement off the ball</li> <li>• Develop wrist passing and introduce a variety of passing into a game situation</li> <li>• Introduce set shot and jump shot techniques</li> <li>• Development of set shot and jump shot in a game situation</li> <li>• Introduce Goalkeeping basics</li> <li>• Summative assessment lessons – review unit</li> </ul>
Basketball	8	<ul style="list-style-type: none"> <li>• Expectations and Dribbling Skills</li> <li>• Develop passing and receiving specific to basketball</li> <li>• Develop pivoting when receiving the ball. The Set shot</li> <li>• Refine and analyse the set shot. The jump shot</li> <li>• The Lay-up</li> <li>• Refine and analyse the Lay-up</li> <li>• Basic Fast Break (Incorporating a lay-up following an attack)</li> <li>• Consolidation of skills and Assessment</li> </ul>

Athletics	8	<ul style="list-style-type: none"> <li>• To introduce students to the correct sprinting technique &amp; develop their understanding of the acceleration phase</li> <li>• To continue to develop students understanding of correct running technique &amp; re-cap knowledge of pacing and sprint finish</li> <li>• To continue to develop understanding of pacing &amp; introduce movement around the track (use of inside lane)</li> <li>• To introduce students to relay changeover with a focus on the down sweep action</li> <li>• To develop students basic throwing technique and reinforce correct arm action and release of the ball</li> <li>• To introduce students to shot putt technique, focusing on stance, grip preparation and execution</li> <li>• To introduce students to the frosby flop technique</li> <li>• To introduce students to basic long jumping technique and to develop knowledge of approach and take off phase</li> </ul>
Softball	8	<ul style="list-style-type: none"> <li>• Introduce throwing and catching skills</li> <li>• Introduce short barrier fielding technique</li> <li>• Introduce the long barrier fielding technique</li> <li>• Introduce striking the ball</li> <li>• Development of relationship between back stop and first base</li> <li>• Introducing responsibility of deep fielder</li> <li>• Positions of play, introduction to base players</li> </ul>