

	<p>Intent: In year 8, students will explore a wide variety of sporting activities. They will focus on the tactical and strategic aspect of each sport and activity covered over the course of the year, exploring the individual elements that contribute towards successful performance. Students will make links between these areas to develop their understanding of tactical and strategic awareness alongside good knowledge of the rules which can enhance performance. Each assessment will be used to inform future learning in the next unit, allowing teachers to focus on areas of knowledge and understanding which may need more practice.</p>				
<p>PE</p>	<p>Units are taught in a carousel – groups will access at different times throughout the year. Students are assessed using the ‘Head/Heart/Hands’ model.</p>				
<p>Year 8</p>	<p>Invasion games</p>	<p>Strike and Field Games</p>	<p>Net and Wall games</p>	<p>ATHLETICS</p>	<p>FITNESS AND CREATIVITY</p>
<p>Knowledge</p>	<p>Students will gain knowledge of how to perform various skills essential to outwit their opponent such as: Passing-time, accuracy and power Defence/intercepting/markings Attacking/shooting Rules of the game Movement on and off the ball</p>	<p>Students will gain knowledge of how to perform various skills essential to outwit their opponent such as: Throwing and catching Fielding Rules of the game Batting Bowling</p>	<p>Students will gain knowledge of how to perform various skills essential to badminton, tennis and table tennis Selecting the correct shot/pass Rallying Rules of the game Positioning on the court Serving and scoring</p>	<p>Students will gain knowledge of how to perform: Short distance runs Middle distance runs Jumps x3 Throws x3 How to measure and time</p>	<p>Students will gain knowledge of: Gymnastics Dance GCSE content (fitness testing, methods of training, COF) Healthy lifestyles</p>
<p>Understanding</p>	<ul style="list-style-type: none"> -The impact of selecting the correct pass within a competitive situation to maintain possession. -How to read a situation and react accordingly, to gain/keep possession of the ball. -How to outwit an opponent (dodge) in order to create a goal scoring opportunity. -Play within the laws/rules of the game to gain an advantage. -How effective movement off the ball is essential within a successful performance. 	<ul style="list-style-type: none"> -How to analyse a situation and respond quickly to reduce the opponent’s chances of scoring. -Evaluate the importance of tactics and strategies when fielding and batting. -How to adjust body position in order to direct an object with purpose. -Apply the rules in order to gain an advantage over opponents. -Adjust bowling methods to gain an advantage over the batting side. -Work as a team to challenge the opposition. 	<ul style="list-style-type: none"> -The importance of selecting the correct shot within a game situation. -How to read an opponent’s body language to anticipate a particular shot. -The rules in order to maximise performance and play effectively. -How to move effectively about the court in order to maximise performance. -Demonstrate an understanding of the scoring system and where to serve from (and to whom) 	<ul style="list-style-type: none"> -How to develop existing technique in order to improve on prior performance. -How to transfer skills into events -How to use feedback to make progress and add distance/reduce time to performances. -How to provide suitable feedback to others to improve their performance. -How to perform safely considering yourself, spectators and officials. 	<ul style="list-style-type: none"> -Be creative in developing gymnastics and dance motifs -How to provide suitable feedback and act on feedback received to improve performance. -How different training methods can be used to train different components of fitness. -How to safely set up, execute and record different training methods and fitness tests. -How to live a healthy active lifestyle.
<p>Skills</p>	<p>Successful application of knowledge and understanding of specific tasks through: Demonstrating, Analysing, Applying and Evaluating.</p>				
<p>Formal Assessments</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>	<p>Completed at the end of each block of activity (6-8 lessons)</p>
<p>By the end of the year students on course for at least a grade 5 will demonstrate knowledge and understanding in a variety of team and individual sports. Students will have a knowledge of tactics and rules that they apply when participating in different activities. Students have been given the opportunity to lead and officiate peers, they start to develop the confidence to evaluate their own and others performance.</p>					

