



PE Curriculum Plan Overview

Year 8			
Term	Topic	Learning	How can parents' best support
Autumn 1	Fitness Testing	<p>Complete the BBC Blueprint fitness tests and analyse levels of fitness for the following components of fitness: Cardio vascular endurance, Strength, Power, Speed, Agility, Co-ordination.</p> <p>Link components of fitness to sports and activities.</p>	<p>Discuss what tests are completed for different components of fitness, research the BBC Blueprint test online.</p> <p>Discuss which tests your child is good at and why?</p>
	Tennis	<p>Understand the key aspects of various technique</p> <p>Setting up of a court, Ball & racquet control, Forehand and Backhand Volleys Track it with your racquet</p>	<p>Watch a Tennis match and name the different shots a player uses.</p>
Assessment:	<p><u>Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence</u></p>		
Autumn 2	Tennis Cont.	<p>Underarm/Over arm serve Forehand/backhand shot, Game play</p>	<p>Ask your child to remember the key teaching points for the skills taught in lessons.</p>
	Table Tennis	<p>Setting up tables. Basic rules. Backhand bounce serve. Backhand/Forehand push shot. Rallies. Game play</p>	<p>Watch a Table Tennis match and name the different shots a player uses.</p> <p>Ask your child to remember the key teaching points for the skills taught in lessons.</p>
Assessment:	<p><u>Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence</u></p>		
Spring 1	Health Related Fitness	<p>Lockdown focus on wellbeing</p> <p>Fun fitness sessions and circuits offering a range of different activities with a focus on engagement and participation to support wellbeing.</p>	<p>Lockdown focus on wellbeing</p> <p>Encourage students to take part in the online activities on offer through the links shared on the google classroom:</p>

		<p>Focus on fitness topics: Cardio vascular endurance Muscular strength Muscular endurance, Coordination Agility</p>	<p>Yoga, Cardio and strength Fitness session</p>
Assessment:	Staff observation of assessment criteria & video evidence		
Spring 2	<p>Health Related Fitness</p> <p>Team games</p> <p>OAA**/ Team Building</p>	<p>Lockdown focus on wellbeing</p> <p>Fun fitness sessions and circuits offering a range of different activities with a focus on engagement and participation to support wellbeing.</p> <p>Focus on fitness topics: Cardio vascular endurance Muscular strength Muscular endurance, Coordination Agility</p> <p>Team games with a focus on: -Fun/enjoyment - developing movement confidence/competence - Shared experience with peers - Chance to be competitive and the social rules surrounding this.</p> <p>Work together to solve a problem. Understand the importance of the 3 C's (Communication, co-operation & Concentration) for teamwork.</p>	<p>Lockdown focus on wellbeing</p> <p>Encourage students to take part in the online activities on offer through the links shared on the google classroom:</p> <p>Yoga, Cardio and strength Fitness session</p> <p>Recall and discuss the 3 C's of teamwork and be able to describe them.</p>
Assessment:	Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence		
Summer 1	Athletics	<p>Demonstrate basic technique for: Shot Putt Javelin Discus Long Jump Triple Jump Sprinting Medium & Long distance running Understand the key aspects of</p>	<p>Watch highlights of the Olympics and watch the different disciplines that your child attempts at school.</p> <p>Ask your child to remember and recall the key teaching points for the skills taught in lesson.</p>

		various technique	
Assessment:	Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence		
Summer 2	Cricket	<p>Basic throwing technique underarm & over arm</p> <p>Basic catching technique underarm & over arm</p> <p>Identify effective Bowling technique</p> <p>Batting grip and stance</p> <p>Fielding</p> <p>Basic rules of the game</p>	<p>Watch videos clips of the skills covered in the cricket unit.</p> <p>Ask your child to remember and recall the key teaching points for the skills taught in lesson.</p>