

PE Curriculum Plan Overview

		Year 8	
Term	Topic	Learning	How can parents' best support
Autumn 1	Fitness Testing Tennis	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. Link components of fitness to sports and activities. Understand the key aspects of various technique Setting up of a court,	Discuss what tests are completed for different components of fitness, research the BBC Blueprint test online. Discuss which tests your child is good at and why? Watch a Tennis match and name the different shots a player uses.
Assessment:	Self asse	Ball & racquet control, Forehand and Backhand Volleys Track it with your racquet ssment and reflection in assessment booklets, sta	ff observation of assessment criteria & video
Autumn 2	Tennis Cont.	Underarm/Over arm serve Forehand/backhand shot, Game play	Ask your child to remember the key teaching points for the skills taught in lessons.
	Table Tennis	Setting up tables. Basic rules. Backhand bounce serve. Backhand/Forehand push shot. Rallies. Game play	Watch a Table Tennis match and name the different shots a player uses. Ask your child to remember the key teaching points for the skills taught in lessons.
Assessment:	Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence		
		Balances: partner, group and small	Watch a gymnastic performance and

		Exploring elementary travel: including turns.	Watch a performance and assess it using body quality.	
		Elementary flight linked with small apparatus.		
		Peer assessment using body quality.		
Assessment:		Staff observation of assessment crit	eria & video evidence	
Spring 2	OAA** /Team Building	Work together to solve a problem.	Recall the 3 C's of teamwork and be able to describe them.	
	Dunung	Understand the importance of the 3 C's (Communication, co-operation & Concentration) for teamwork.	Find examples of teams that work well	
		Use effective communication and co- operation on group tasks.	together and see if they use the 3 C's effectively.	
	Basketball		Watch a game of basketball and name the different skills a player uses.	
		Different passes:	are ameren entire a player acce.	
		Chest,	Ask your child to remember the key	
		Bounce,	teaching points for the skills taught in	
		Overhead	lessons.	
		Key points of dribbling the ball.		
		Set shot		
		Lay up shot		
		Basic rules of basketball.		
Assessment:	Self asse	sessment and reflection in assessment booklets, staff observation of assessment criteria & video evidence		
Summer 1	Athletics	Demonstrate basic technique for: Shot Putt Javelin	Watch highlights of the Olympics and watch the different disciplines that your	
		Discus Long Jump	child attempts at school. Ask your child to remember and recall the	
		Triple Jump Sprinting Medium & Long distance running Understand the key aspects of various technique	key teaching points for the skills taught in lesson.	
Assessment:	Self assessment and reflection in assessment booklets, staff observation of assessment criteria & video eviden			
	Cricket			
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Summer 2	Basic throwing technique underarm & over arm Basic catching technique underarm & over arm Identify effective Bowling technique Batting grip and stance Fielding Basic rules of the game	Watch videos clips of the skills covered in the cricket unit. Ask your child to remember and recall the key teaching points for the skills taught in lesson.
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