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| **Subject: Physical Education** | | | | | | |
| **Year: 8** | | | | | | |
| Half -Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Themes/  Content/  A can of a product  Description automatically generated with medium confidenceUnits covered | **Netball**  To further develop passing and receiving skills with maximal control and accuracy. A cartoon rocket ship with red and blue stripes  Description automatically generated  To further develop the correct shooting style, ensuring consistency.A cartoon rocket ship with red and blue stripes  Description automatically generated  To understand attacking principles of the centre pass.A purple and green masks with a sad face  Description automatically generated  Describe how agility helps us gain an advantage.  Be able to identify defensive principles of the centre pass.A cartoon rocket ship with red and blue stripes  Description automatically generated  To develop timing to aid with the intercepting the ball. A cartoon rocket ship with red and blue stripes  Description automatically generated  To explain complex rules of netball. A cartoon rocket ship with red and blue stripes  Description automatically generated  To be able to evaluate performers effectiveness within a game. A rainbow colored heart with arrows  Description automatically generated | **Badminton**  To develop a rally with a partner following a legal serve.  Improving the consistency of forehand shots. A cartoon rocket ship with red and blue stripes  Description automatically generated  Recall and effectively perform the flick, short and long serves.  Understanding when to play a forehand or backhand shot.  A cartoon rocket ship with red and blue stripes  Description automatically generated  Understanding rotating roles when using the scoring system, relating to service.A rainbow colored heart with arrows  Description automatically generated  Development of applying power to shots.A cartoon rocket ship with red and blue stripes  Description automatically generated  To be able to identify strengths and weaknesses in their own performance A purple and green masks with a sad face  Description automatically generated | **Dance**  What is a Linha Curva and how would it be described.A purple and green masks with a sad face  Description automatically generated  Developing the use of dance relationships (cannon/ unison).A purple and green masks with a sad face  Description automatically generatedA rainbow colored heart with arrows  Description automatically generated  Rehearsing, performing and designing motifs.A cartoon rocket ship with red and blue stripes  Description automatically generatedA rainbow colored heart with arrows  Description automatically generatedA purple and green masks with a sad face  Description automatically generated  Understand how to structure group performance for effectiveness using different choreographic devicesA purple and green masks with a sad face  Description automatically generatedA rainbow colored heart with arrows  Description automatically generated  Developing understanding of how patterns can enhance viewing.A cartoon rocket ship with red and blue stripes  Description automatically generated  Develop the use of dynamics to increase effectiveness of a motif on the audience.A cartoon rocket ship with red and blue stripes  Description automatically generated  To analyse own and others performance and provide feedbackA rainbow colored heart with arrows  Description automatically generated | **Rugby**  To develop passing with both hands in either direction.  Developing receiving skills; stationary and on the move with control and accuracy.A cartoon rocket ship with red and blue stripes  Description automatically generated  Understanding and describe the rules of the rugby.  To apply knowledge surrounding effective positioning to receive the ball  To show understanding of effective defensive positioning A cartoon rocket ship with red and blue stripes  Description automatically generated | **Strike and Field**  Identification of the correct type of throw in variety of game situations  Developing technique and accuracy of throwing in different games (rounders, softball and cricket)A cartoon rocket ship with red and blue stripes  Description automatically generated  Enhancing consistency and effectiveness of striking the ball.A cartoon rocket ship with red and blue stripes  Description automatically generated  Developing knowledge and understanding of the rules and scoring systems.  To implement fielding tactics to gain an advantage.A cartoon rocket ship with red and blue stripes  Description automatically generatedA purple and green masks with a sad face  Description automatically generated | **Athletics**  To develop effective body posture for sprinting.  To understand how to use arm, leg and head actions to support effective sprinting. A cartoon rocket ship with red and blue stripes  Description automatically generated  To understand and develop technique for the javelin.  To be able to confidently complete a javelin event, including a run up and throw.  Continuing to develop analysing of self, and peers' performance.A rainbow colored heart with arrows  Description automatically generated  To understand the stages of the high jump  To understanding the difference of the scissor kick and frosby flop A cartoon rocket ship with red and blue stripes  Description automatically generated  To understand the rules of take-off.  To develop speed in the approach to the jumping phase. A cartoon rocket ship with red and blue stripes  Description automatically generated |

A purple and green masks with a sad face

Description automatically generatedA rainbow colored heart with arrows

Description automatically generatedA cartoon rocket ship with red and blue stripes

Description automatically generatedA drawing of a book

Description automatically generated