

Physical Education Long Term Plan Year 8

AutumnTerm

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	Accurate Replication in Health-Related Fitness Sport education approach Invasion Games in Football and Netball							
Challenge – Group 1 mixed	Baseline testing Health and Fitness: (Astro) COF Tests Circuit & MSFT	Basketball (SH):control & travel rules	Basketball (SH):Support & Shooting	Basketball (SH): attacking formations	Basketball (SH): Penetration & Inter-House Matches	Health and Fitness (FTP): Astro Circuit Training and HITT	Health and Fitness (FTP): Cooper run & muscular endurance training	
Challenge – Group 2 boys	Baseline testing	Football (Astro): sending and receiving and Match Play	Football (Astro): support in attack	Football (Astro): Width and depth in attack	Football (Astro): Penetration in attack	Basketball (SH):control & travel rules	Basketball (SH):Support & Shooting	
Challenge – Group 3 girls	Baseline MSFT	Health and Fitness (FTP): Astro Circuit Training and HITT	Health and Fitness (FTP): Cooper run & muscular endurance training	Health and Fitness (FTP): Fartlek training and plyometrics (vertical jump test) (swap after 5 lessons)	Health and Fitness (FTP): Training seasons and preparing for sport fitness	Football (Astro): sending and receiving and Match Play	Football (Astro): support in attack	
Inspire	Know the constituent parts of warming up	Understand the effects of exercise Definitions of the components of fitness	Link component to fitness test, plus knowledge of the main procedures of each	Understand the distinctions between different types of training	Understand the basic cardio-respiratory system	Understand the basic difference between anaerobic and aerobic exercise	Bones - Identification of the bones at common joints	

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Accurate Replication in Health-Related Fitness Sport education/TGfU approach Invasion Games in Football and Netball						
Challenge – Group 1 mixed	Health and Fitness (FTP): Astro Circuit Training and HITT	Health and Fitness (FTP): Cooper run & muscular endurance training	Football (Astro): sending and receiving and Match Play	Football (Astro): support in attack	Football (Astro): Width and depth in attack	Football (Astro): Penetration in attack	
Challenge – Group 2 boys	Basketball (SH): attacking formations	Basketball (SH):	Health and Fitness (FTP): Astro Circuit Training and HITT	Health and Fitness (FTP): Cooper run & muscular endurance training	Health and Fitness (FTP): Fartlek training and plyometrics (vertical jump test) (swap after 5 lessons)	Health and Fitness (FTP): Training seasons and preparing for sport fitness	

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		Penetration & Inter-House Matches					
Challenge Group 3 girls	Football (Astro): Width and depth in attack	Football (Astro): Penetration in attack	Netball (SH): Creating space and Passes leading the player	Netball (SH): outwitting opponents; Attacking strategies (Dodging)	Netball (SH): go forwards (Shooting & Rebounding)	Netball (SH): Match Play and Officiating	
Inspire	Muscles - Location of the muscles use in key movements	Joint Movements – identify during common actions	Joint Movements – identify during common actions	Biomechanics – knowledge of axis and associated actions	Biomechanics – knowledge of axis and associated actions	Completion of end of term online quiz	

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SpringTerm

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Invasion Games in Rugby and asthetic movements (SE and Cooperative learning)						
Challenge – Group 1 mixed	Gymnastics (SH) Balance & Rotation / Travel / parkour	Gymnastics (SH) Flight & Rhythmic / parkour	Touch Rugby (astro) : Sending and receiving & Go forward	Touch Rugby (astro) : Splitting the defensive line & creating overloads	Touch Rugby (astro) : Support & Defensive pressure	American football taster sessions and Inter-House Matches	
Challenge – Group 2 boys	Touch Rugby (FTP) Sending and receiving & Go forward	Touch Rugby (FTP) Support & Defensive pressure	Touch Rugby (FTP) Continuity & Inter-House Matches	American football taster sessions and Inter-House Matches	Gymnastics (SH) Balance & Rotation / Travel / parkour	Gymnastics (SH) Flight & Rhythmic / parkour	
Challenge Group 3 girls	Touch Rugby (Astro): Sending and receiving & Go forward	Touch Rugby (Astro): Support & Defensive pressure	Gymnastics (SH) : Balance & Rotation / Travel	Gymnastics (SH) Flight & Rhythmic	Touch Rugby (FTP) Continuity & Inter-House Matches	American football taster sessions and Inter-House Matches	
Inspire	Distributed learning - Know the constituent parts of warming up	Basic definition of the following skill classifications and examples: simple & complex	Distributed learning - Understand the effects of exercise	Basic definition of the following skill classifications and examples: gross & fine	Distributed learning - Definitions of the components of fitness	Know and use the types of feedback	

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Hand-Eye Co-ordination in Alternative Sports						
Challenge – Group 1 mixed	Roundnet (FTP) Familiarisation pass and spike & Support	Roundnet (FTP) Offensive pressure & Inter-House matches Badminton (SH): OHC, high serve & Drop shot, low serve	Badminton (SH): Attacking space & Inter-House Matches	Badminton (SH): Attacking space & Inter-House Matches	Handball / Tchoukball (FTP): Passing & Receiving and Dribbling	Handball / Tchoukball (FTP): Shooting & Inter-house matches	
Challenge – Group 2 boys	Handball / Tchoukball (Astro):Passing & Receiving and Dribbling	Ultimate Frisbee (Astro): Basic Rules Interhouse Match Play Handball / Tchoukball (Astro): Shooting & Inter-house matches	Ultimate Frisbee (Astro): Backhand Throw/ Grip & Catching	Roundnet (FTP): Familiarisation pass and spike & Support	Roundnet (FTP): Offensive pressure & Inter-House matches Badminton (SH): OHC, high serve & Drop shot, low serve	Badminton (SH): Attacking space & Inter-House Matches	

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Challenge Group 3 girls	Badminton (SH): OHC, high serve & Drop shot, low serve	Badminton (SH): Attacking space & Inter-House Matches Roundnet (FTP): familiarisation pass and spike & Support	Roundnet (FTP): Offensive pressure & Inter-House Matches	Handball / Tchoukball (Astro): Passing & Receiving and Dribbling	Ultimate Frisbee (Astro): Basic Rules Interhouse Match Play Handball / Tchoukball (Astro): Shooting & Inter-house matches	Ultimate Frisbee (Astro): Backhand Throw/ Grip & Catching	
Inspire	Distributed learning - Understand the distinctions between different types of training	Know and use the types of guidance	Distributed learning - Understand the basic cardio-respiratory system	Understand the difference between intrinsic and extrinsic motivation	Distributed learning - Understand the basic difference between anaerobic and aerobic exercise	Completion of end of term online quiz	

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SummerTerm

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Striking and Fielding and Outdoor Adventurous Activities						
Challenge – Group 1 mixed	Cricket (astro): Seam Bowling & Basic Batting Technique	Cricket (astro): Bowling with accuracy & Running between the wickets / calls	Cricket (astro): Wicketkeeping & Inter-House Matches	OAA (FTP): Trust & Team Building	OAA (FTP): Decision Making & Leadership	OAA (FTP): Orienteering & Inter-House challenge	
Challenge – Group 2 boys	Cricket (FTP): Seam Bowling & Basic Batting Technique	Cricket (FTP): Bowling with accuracy & Running between the wickets / calls	Cricket (FTP): Wicketkeeping & Inter-House Matches	OAA (SH): Trust & Team Building	OAA (SH): Decision Making & Leadership	OAA (SH): Orienteering & Inter-House challenge	
Challenge Group 3 girls	OAA: Trust & Team Building	OAA: Decision Making & Leadership	OAA: Orienteering & Inter-House challenge	Cricket (Astro) : Seam Bowling & Basic Batting Technique	Cricket (Astro): Bowling with accuracy & Running between the wickets / calls	Cricket (Astro): Wicketkeeping & Inter-House Matches	
Inspire	Distributed learning - Basic definition of the following skill classifications and examples: simple & complex	Distributed learning - Bones - Identification of the bones at common joints	Distributed learning - Basic definition of the following skill classifications and examples: gross & fine	Distributed learning - Know and use the types of feedback	Distributed learning - Muscles - Location of the muscles use in key movements	Distributed learning - Know and use the types of guidance	

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Athletics and Team Events						
Core	Lesson 1 – Tug of War (PLAYGROUND) Lesson 2 - Team Pursuit (MUGA)	Lesson 1 – 30m Sprint (MUGA) Lesson 2 – Javelin (PLAYGROUND)	Lesson 1 – Shot Put (PLAYGROUND) Lesson 2 – Rounders (MUGA)	Lesson 1 - High Jump (SH) Lesson 2 - Middle Distance (MUGA)	SPORTS DAY Lesson 1 - Blanket Ball (SH) Lesson 2 - Discus (PLAYGROUND)	Lesson 1 – Danish Long Ball (SH) Lesson 2 – Inter House Competition (MUGA)	
Inspire	Distributed learning - Understand the difference between intrinsic and extrinsic motivation	Distributed learning - Joint Movements – identify during common actions	Distributed learning - Biomechanics – knowledge of axis and associated actions	Distributed learning - Know the constituent parts of warming up	Break or set new school records	Completion of end of year online quiz	