

Physical Education Long Term Plan Year 8



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|------------|--|---|--|--|--|---|--|---|--|---|--|------------------|
| W/C | 6 th September | 10 th September | 17 th September | 24 th September | 1 st October | 8 th October | 15 th October | HALF TERM | 31 st November | 5 th November | 12 th November | |
| | Introduction/ Warm up. Multi stage fitness test. How to conduct the test and what is it testing. | Introduction of circuits. Groups exercises working towards technique of exercises – basic/ intermediate exercise. Exercise technique. | Warm up. Creating group circuit with requirements to be put into the circuit base upon level of class. Exercise technique | Warm up. Continuous training. 12-minute cooper test. How to conduct the 12-minute cooper test. What is continuous training and how will it help performance. | Warm up Fartlek training. Training Squad. What is fartlek training? Sporting's examples? How fartlek training can affect performance? | Warm Up. Interval training. Interval circuit. What is interval training? What does interval help improve in performance? | Warm Up Re-Test: Multi stage fitness test. Compare test results. How to conduct the test and what is it looking at. | | Introduction Balance - intermediate Balances/Counter balance/ counter tension. Components of Fitness: Balance | Rolls / Extensions for each roll. Components of Fitness: Co-ordination | Cartwheels/ Handstands. Immediate Progression circuits. Components of Fitness: Co-ordination | |
| | Fitness and Wellbeing | | | | | | | | Gymnastics | | | |
| W/C | 19 th November | 26 th November | 3 rd December | 10 th December | CHRISTMAS | 7 th January | 14 th January | 21 st January | 28 th January | 4 th February | 11 th February | HALF TERM |
| | Floor Routines Create routines with requirements to put into the routine. Components of Fitness: Flexibility | Introduction to Intermediate Vaulting Stations of springboards. Safety considerations in Sport (equipment) | Intermediate Vaulting (Springboard & Trampoline) Stations of different tables and vaults. Intermediate skills. Safety considerations in Sport (equipment) | Vaulting (Springboard and trampette). Vaulting Competitions Safety considerations in Sport (equipment) | | Technique of the Set . Classification of skill: open and closed | Technique of the Dig Classification of skill: open and closed | Technique of the Spike Classification of skill: open and closed | Technique of the underarm Serve Classification of skill: self paced externally paced | Introduce Positioning within games Classification of skill: self paced externally paced | Tournaments pupils umpire and score themselves. Assessment lesson Classification of skills. | |
| | Gymnastics | | | | | Volleyball | | | | | | |
| W/C | 25 th February | 4 th March | 11 th March | 18 th March | 25 th March | 1 st April | EASTER | 24 th April | 29 th April | 6 th May | 13 th May | |
| | Trios / Introduction of Choreographic Devices Street Dance Emancipation of Expressionism Learn Set Motif | Trios / Introduction of Choreographic Devices Street Dance Trio Motif Development | Trios / Introduction of Choreographic Devices Street Dance Practice, Perform, Assess | Trios / Introduction of Choreographic Devices HAKA Introduce ideas and HAKA movement (Pictures) | Trios / Introduction of Choreographic Devices HAKA Develop Motif into small groups | Trios / Introduction of Choreographic Devices HAKA Practice, Battle and Assess | | Problem Solving | Teamwork | Compass Work | Climbing | |
| | Dance | | | | | | | OAA | | | | |
| W/C | 20 th May | HALF TERM | | | 3 rd June | 10 th June | 17 th June | 24 th June | 1 st July | 8 th July | | |
| | Caving | | | | Athletes Testing Guidance and feedback of performance | Sprints, Running Technique & Timing? Guidance and feedback | Throw event – Guidance and feedback of performance | High Jump – Guidance and feedback of performance | Enrichment Week | Indoor Athletics Competition Guidance and feedback of performance | | |
| | OAA | | | | Athletics | | | | | | | |