

Physical Education / Games Long Term Plan Year 8 2020-21



Temperance Term – Gender Groups for Health-Related Fitness & Contact Sports

| W/C | | 7 th September | 14 th September | 21 st September | 28 th September | 5 th October | 12 th October | 19 th October |
|-------|-----------|--|---|---|---|--|---|--|
| Topic | | Health-Related Fitness | Health-Related Fitness | Health-Related Fitness | Health-Related Fitness | Health-Related Fitness | Health-Related Fitness | Health-Related Fitness |
| | | Boys - Circuit Training & 12-minute cooper test. | Boys - Multistage fitness test & Akabusi Circuit | Boys – Fitness Tests (sit + reach etc.) & 'Boot Camp' Style Fitness | Boys – Interval training & HITT | Boys - Fartlek training & Resistance training | Boys – Zumba & Strength and Conditioning | Boys - Student planned; student led fitness session |
| | | Girls – Continuous training & interval training | Girls – Fartlek & Interval | Girls – Zumba & Circuit Training | Girls – Pilates & 'Boot Camp' Style Fitness | Girls – Fitness Tests (sit + reach etc.) & Step Class | Girls – Team Fitness & Akabusi Circuit | Girls – Student planned; student led fitness session |
| W/C | | 2 nd November | 9 th November | 16 th November | 23 rd November | 30 th November | 7 th December | CHRISTMAS |
| Topic | | Invasion Games | Invasion Games | Invasion Games | Invasion Games | Invasion Games | Invasion Games | |
| | HALF TERM | Boy's Group – Football (MUGA) – Passing & Receiving | Boy's Group – Football (MUGA) – Shooting | Boy's Group – Football (MUGA) – Defensive Skills | Boy's Group – Football (MUGA) – Width and Depth | Boy's Group – Football (MUGA) – Maintaining Possession | Boy's Group – Football – (MUGA) – Match Scenarios | |
| | | Girl's Group – Netball (SH/DT) - Passing & Receiving | Girl's Group – Netball (SH/DT) – Positional Understanding | Girl's Group – Netball (SH/DT) – Shooting | Girl's Group – Netball (SH/DT) – Defensive Skills | Girl's Group – Netball (SH/DT) – 'Set Plays' | Girl's Group – Netball (SH/DT) – Match Play | |

Justice Term – Mixed Gender Set Groups (3)

| W/C | 4 th January | 11 th January | 18 th January | 25 th January | 1 st February | 8 th February | HALF TERM |
|-------|---|--|--|---|---|--|-----------|
| Topic | Mixed Sport Rotation | Mixed Sport Rotation | Mixed Sport Rotation | Mixed Sport Rotation | Mixed Sport Rotation | Mixed Sport Rotation | |
| | Group 1: Basketball (SH) – Ball Control | Group 1: Basketball (SH) - Passing & Receiving | Group 1: Basketball (SH) - Shooting | Group 1: Basketball (SH) - Defensive Skills | Group 1: Basketball (SH) – Positional Play | Group 1: Basketball (SH) – Match Play | |
| | Group 2: Hockey (MUGA) - Ball Control | Group 2: Hockey (MUGA) - Passing & Receiving | Group 2: Hockey (MUGA) - Shooting | Group 2: Hockey (MUGA) - Defensive Skills | Group 2: Hockey (MUGA) - Maintaining Possession | Group 2: Hockey (MUGA) - Width and Depth | |
| | Group 3: OAA (School Site) – Trust & Team Building | Group 3: OAA (School Site) – Decision Making | Group 3: OAA (School Site) – Orienteering | Group 3: Roundnet (MUGA) – Passing & Spiking | Group 3: Roundnet (MUGA) – Offensive & Defensive Strategy | Group 3: Roundnet (MUGA) – Match Play & Tournament | |
| W/C | 22 nd February | 1 st March | 8 th March | 15 th March | 22 nd March | 29 th March | EASTER |
| Topic | Mixed Sport Rotation | Mixed Sport Rotation | Mixed Sport Rotation | Mixed Sport Rotation | Mixed Sport Rotation | Mixed Sport Rotation | |
| | Group 1: Hockey (MUGA) - Ball Control | Group 1: Hockey (MUGA) - Passing & Receiving | Group 1: Hockey (MUGA) - Shooting | Group 1: Hockey (MUGA) - Defensive Skills | Group 1: Hockey (MUGA) - Maintaining Possession | Group 1: Hockey (MUGA) - Width and Depth | |
| | Group 2: Badminton (SH) – Service | Group 2: Badminton (SH) – Overhead Shots | Group 2: Badminton (SH) – Net Play | Group 2: Handball (SH) – Passing, receiving, moving | Group 2: Handball (SH) – Shooting / Defensive Skills | Group 2: Handball (SH) – Match Play / Maintaining Possession | |
| | Group 3: Handball (MUGA) – Passing, receiving, moving | Group 3: Handball (MUGA) – Shooting / Defensive Skills | Group 3: Handball (MUGA) – Match Play / Maintaining Possession | Group 3: Cricket (MUGA) – Bowling | Group 3: Cricket (MUGA) – Batting | Group 3: Cricket (MUGA) – Fielding | |

Courage Term – Mixed Gender Set Groups (3)

| W/C | 19 th April | 26 th April | 3 rd May | 10 th May | 17 th May | HALF TERM |
|-------|---|---|--|--|--|---|
| Topic | Athletics and Rotation | Athletics and Rotation | Athletics and Rotation | Athletics and Rotation | Athletics and Rotation | |
| | Group 1: Athletics (Field) – Javelin | Group 1: Athletics (Field) – Sprints & Discus | Group 1: Athletics (Field/MUGA) – High Jump & Discus | Group 1: Athletics (Field/MUGA) – Distance Running & High Jump | Group 1: Athletics (Field/MUGA) – Shot Put | |
| | Group 2: Lacrosse (MUGA) – Passing, scooping, receiving | Group 2: Lacrosse (MUGA) – Shooting | Group 2: Cricket (MUGA) – Bowling | Group 2: Cricket (MUGA) – Batting | Group 2: Cricket (MUGA) – Fielding | |
| | Group 3: Table Tennis (SH) – Service, forehand shots | Group 3: Table Tennis (SH) – Backhand shots / smash | Group 3: Lacrosse (MUGA) – Passing, scooping, receiving | Group 3: Lacrosse (MUGA) – Shooting | Group 3: Lacrosse (Court) – Defensive Skills | |
| W/C | 7 th June | 14 th June | 21 st June | 28 th June | 5 th July | 12 th July |
| Topic | Cricket Rounders | Cricket Rounders | Cricket Rounders | Cricket Rounders | Cricket Rounders | Cricket Rounders |
| | Group 2: Cricket (MUGA) – Bowling – seam | Group 2: Cricket (MUGA) – Batting – Defensive guard | Group 2: Cricket (MUGA) – Fielding – ground and catching | Group 1: Cricket (Field/MUGA) – Wicket Keeping / Spinning the ball | Group 1: Cricket (Field/MUGA) – Batting attacking the ball | Group 1: Cricket (Field/MUGA) – Match Play |
| | Group 2: Rounders (Field/MUGA) – Bowling | Group 2: Rounders (Field/MUGA) - Batting | Group 2: Rounders (Field/MUGA) – Fielding | Group 2: Rounders (Field/MUGA) – Match Play | Group 2: Rounders (Field/MUGA) – Interhouse | Group 2: Rounders (Field/MUGA) – Match Play |
| | Group 3: Rounders (Field/MUGA) - Bowling | Group 3: Rounders (Field/MUGA) – Batting | Group 3: Rounders (Field/MUGA) - Fielding | Group 3: Rounders (Field/MUGA) - Match Play | Group 3: Rounders (Field/MUGA) – Interhouse | Group 3: Rounders (Field/MUGA) – Match Play |