

Physical Education, Year 8 Boys, Long Term Plan

Year 8 Boys

Week / Lesson	Term	Topic	Knowledge	Skills Complex activity: Writing genre:
1	Autumn T1 Net/Wall	Technique and skills. Shots, racquet control and serves.	More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control.	
2		Technique and skills. Shots, racquet control and serves.	More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control.	
3		Technique and skills. Shots, racquet control and serves.	More advanced techniques and skills broken down into success criteria performed individually and in small groups in conditioned games. Forehand, backhand shot. Short, long, flick serves. Whip, tap, push racquet control.	Writing Genre: Importance of Healthy Active Lifestyle
4		Shot/serve selection to outwit opponent - match play	Development of a range of techniques that are used appropriately depending on where the opponent is. Which shot to play, which serves to start with and which	

			racquet control to adopt when playing particular shots.	
5		Offensive & defensive play including shot and serve selection - Match play	Specific focus on strategy and technique of offensive and defensive play/shots to outwit opponents and score points. Which shot to play, which serves to start with and which racquet control to adopt when playing particular shots.	
6		Monitor and evaluate performance Reteach week	Evaluation of own and peer performance in relation to skills performed and offensive and defensive tactics to outwit opponents in competitive play.	Writing genre: Analysis in the style of a coaches report. Explain the job role of a sports official
7		Interform Competition	Application of Rules Application of skills Application of tactics and strategies	
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9	Autumn T2 Invasion	Introduction Skills in isolation	Advances skills & Technique with a key focus on fluidity of movement, control and speed in attempt to outwit/manoeuvre the opponent.	
10		Skills in isolation under pressure and in an open environment	Advanced skills and techniques developed in open competitive environments with constant pressure on the ball	
11		Small sided games	Technique and open skills transferred into competitive environment situations with pressure on the player and ball. Game size is adapted to serve the needs of the developing students.	Writing Genre: Consequences of Sedentary Lifestyle

12		Utilising space and positional space - small sided games	Spatial awareness and positional play explained Specific roles of positions and formational play developed	
13		Tactical and strategic play	Focus on strategies for offensive and defensive play/organisation. Students actively rearrange their roles and positions depending on the needs of the game, environment, situation and opponent.	
14		Monitor and evaluate performance (assessment)	Evaluation of own and peer performance in relation to skills in isolation and competitive play	Communication Analysis
15		Interform competition	Application of rules Application of tactics	Team work Tactical appreciation Strategies within position Strategies and tactics based on position of opponent
16	Spring T1 Fitness	Fitness CV	Understand the fundamentals of Cardiovascular endurance and its application, advantages/disadvantages and their effect on the body	Methods of training CV (continuous/fartlek/interval)
17		Muscular endurance	Understand the fundamentals of Muscular endurance and its application, advantages/disadvantages and their effect on the body	Methods of training muscular endurance
18		Power / strength	Understand the fundamentals of Power and its application, advantages/disadvantages and their effect on the body	Writing Genre: Importance of Hydration Methods of training power (strength)
19		Agility/balance /coordination	Understand the fundamentals of ABC and its application,	Catching games Design drills to improve these skills

			advantages/disadvantages and their effect on the body.	
20		Assessment week - Testing	Know which tests can be used for a range of components of fitness	Perform the fitness tests safely, with accurate results and review/ compare.
21	Spring T2 Gymnastics	Safety/ recap basic shapes	Know the basic safety procedures. Discover travel paths and recall different ways to finish with a still position	Recap basic shapes, rolls and travel movements
22		Strength/basic balance shapes	Know the importance of strength, flexibility and balance for gymnastics Recognise the difference between Patch and point balances	Perform strength and flexibility exercises Explore basic individual balances Safety of supporting balances
23		Counter balance/tension in pairs	Know the difference between counter tension and counter balance	Writing Genre: Importance of warm up/cool down Perform counter balance/tension Apply to a short routine using travel/transitions
24		Small group balances Intro to flight	Explore balances and create a short routine Use small apparatus	Focus on control, core strength, stillness
25		Large group balances Practise flight Reteach week	Explore balances and create a short routine Use small apparatus	Apply levels, travel, mirror and cannon
26		Assessment week Performances/ reviews	Elements of a routine Perform to an audience Review performance	Perform routine and evaluate
27	Summer T1 Strike & field	Fielding	Advanced fielding techniques are developed with a key focus on fluidity and speed of retrieval	
28		Bowling	Advanced bowling techniques are developed with a key focus now on accuracy, speed and spin (Variation bowling)	

29		Batting	Advanced batting techniques are developed through skills in isolation and gameplay with a key focus on using a variety of shots depending on the type of ball delivered	Writing Genre: Research local jobs in sport and leisure and create a job description using a template.
30		Gameplay Reteach week	Gameplay with a focus on students being self sufficient in managing the rules and tactics of gameplays	Application of rules tactics positional awareness role requirements
31		Gameplay & Assessment	Self and peer assessment of technique and application into gameplay	Shot selection, bowling variation, technique shown in competitive scenarios
32		Interform competition	Full gameplay - form v s form	
33	Summer T2 Athletics	Running (Sprinting)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Officiating analysis communication
34		Running (Pacing)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	analysis communication Officiating
35		Throwing (1st discipline)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Writing Genre: Explain the importance of principles of training and how it improves your performance
36		Throwing (2nd discipline)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Officiating analysis communication
37		Jumping (1st discipline)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Officiating analysis communication
38		Jumping (2nd discipline)	Skills and techniques broken into 3 criteria. Rules and regulations of a recognised sprint event.	Officiating analysis communication
39		Interform Competition	Application of skills and techniques	Performing skills correctly with confidence
40		SPORTS DAY	Application of skills and techniques	Performing skills correctly with confidence