

Year 8	Intent
	<ul style="list-style-type: none"> • To deliver lessons that cover a variety for sports to cater for all student interests. • Lessons delivered at different times of the year based on seasonal factors/ weather/space/staffing. • The priority is to keep students active and engaged. • Opportunities for leadership during warm-up and game related activities (strategies/tactics) • To extend and develop many of the same skills learned in Y7 PE • To continually revisit the names of muscles and bones as covered in Year 7. Add – movements available – flexion, extension etc • To be aware of the different phases of a warm-up and the reasons why we warm up before physical activity
Easter - May	Overview
	<p>7Y 2 Girls groups – Athletics & Lacrosse 7Y 2 Boys groups – Athletics & Tennis</p> <p>7G – Set 1 Girls – Athletics & Lacrosse Set 1 Boys – Athletics & Tennis Mixed set – Athletics & Tennis</p> <p>Students are split into set 1 & 2 based on overall ability (we believe this gives further opportunities for all students to experience success, gain confidence and be stretched and challenged)</p> <ul style="list-style-type: none"> • Not all groups will cover all topic areas below, these are for general guidance. Progression from one lesson to another will depend on each individual group and how well they can complete the skills being taught. A lesson may need to be repeated or they may need more time on a specific skill before they can progress to the next skill.

Tennis

YEAR 8	Tennis		
Lesson	Key Knowledge <i>What will all students KNOW by the end of the topic?</i>	Key Skills <i>What key skills will be learnt/developed by the end of the topic? What will all students be able to DO by the end of the topic?</i>	Assessment Opportunities <i>What are the key pieces of assessment? How will students be assessed?</i>
1	Basic groundstrokes, recap forehand and backhand shots. Importance of ball placement. Hitting long and short groundstrokes. Basic rules for a singles game and scoring.	How to execute groundstrokes and use them to rally. Ball placement in a non-competitive and competitive game. Explanation of court boundaries and basic scoring. Application of knowledge to improve their own and others' work	Successful execution of a rally using both groundstrokes. Correct body position for the execution of the forehand and backhand.
2	Understand when the volley is used and how to execute it. Game play and communication	Effective execution of the volley and in a game. Understand the aim of the game and develop the ability to outwit opponents through the correct shot selection.	Game play, demonstrating shot selection / communication and movement. Boundaries of the court and ball placement. When a volley is used in a game.
3	Understand when the 'drop shot' is used and how to execute it. Game play and communication	Effective execution of the 'drop shot' and in a game. Understand the aim of the game and develop the ability to outwit opponents through the correct shot selection.	Game play, demonstrating shot selection / communication and movement. When a drop 'shot' is used in a game.
4	Development of the serve, ball placement and return Game play and communication	Understand how to develop the basic serve / move towards the base line in preparation of the full serve. Understand the aim of the game and develop the ability to outwit opponents through the correct shot selection.	Serving positions and movement towards the baseline. Game play, demonstrating shot selection / communication and movement. Boundaries of the court and ball placement. Observation of game play and communication Variation of serve
5,6,7	Game play, matches, competition	Demonstrate previous skills learned	Outcome/performance/ communication

Lacrosse

Y8	Lacrosse		
Topic:	Key Knowledge	Key Skills	Assessment Opportunities

Fitness Lesson	<i>What will all students KNOW by the end of the topic?</i>	<i>What key skills will be learnt/developed by the end of the topic? What will all students be able to DO by the end of the topic?</i>	<i>What are the key pieces of assessment? How will students be assessed?</i>
1	Stick Familiarisation To understand what the 3 S's stand for. (Step, Squat, Scoop) To understand the correct grip for throwing and catching.	To demonstrate how to pick up the ball. To demonstrate how to throw and catch using a shoulder pass. To show how the grip changes between picking up the ball, catching the ball and throwing the ball.	Check students have hands in correct position when throwing, catching and picking up the ball. Students should understand why they need to use this technique within a game situation. Then apply the skills in a competitive situation.
2	Handling the Ball Under Pressure To understand the correct grip and technique to ensure the ball stays in the stick when running. To understand why we cradle the ball. To know when to pass in a game situation	To be able to run with the ball in the head of the stick then progress to being able to cradle the ball, with their head up. To be able to throw a successful pass under pressure of time limit with ball and moving targets and defenders looking to intercept. To develop catching and ground ball skills when under pressure by an opponent.	Check students have strong hand at the top of the shaft and weak hand at the bottom of the shaft when the ball is in the stick. Students should then apply the cradle and understand why they do this. Then check students can move hands in correct grip to throw the pass on the move or at a moving target. Then apply the skills in competitive environment.
3	Defending and Checking To understand how to match feet and have a good body position. To understand when to try and knock down the ball or intercept. To understand the rules of how to check someone's stick in order to win the ball.	To demonstrate good defending fundamentals by being able to maintain good body position by matching the feet of the opponent, then trying to keep the head of their stick over opponents to get a knock down or interception. To understand the concept of a player to player marking system. To be able to check the opponents stick with control (plastic on plastic) and not from behind their head.	Check students match feet with opponent and angle body position to keep attacker away from the middle of the field. Students should then try to keep their stick in the air and anticipate where the opponent is looking to throw it and keep the head of their stick over the top of opponents. Then, if possible, hit the plastic part of the stick to dislodge the ball.
4	Attacking and Dodging To understand how to get into a good scoring space.	To identify when a good shooting position is available and to try to attack that space. To demonstrate a face or roll dodge to get past a defender and get into a scoring position.	Check students' knowledge of where the good place to shoot from is. Try to get students to attack 'top side' or 'middle of the field'. Students should then try to complete a face dodge with a shutter step and deceive opponent. They could also run in one direction and roll back to other side, while protecting stick.

	To understand how to dodge and beat a defender, focus on face or roll dodge.		
5	Matchplay, Competition and Rules Understand basic rules of time limit on the ball, goalkeeping zone and sinbin for breaking the rules.	Combine application of previous skills learnt and produce in complete environment. Demonstrate knowledge of rules to ensure the game is played safely.	Assess by outcome, performance, communication and adherence to rules

Athletics

YEAR 8	Athletics		
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1	Sprint technique and the use of the sprint start to create power/speed.	How to adjust body movements to create more drive / speed / power	Demonstration of the sprint technique
2	Development and understanding of pace	How head / body positions and arm / leg movements effect the overall efficiency of the run. Demonstration of maintaining pace whilst running over longer distances	Pacing over different distances.
3	Basic rules: For throwing events - line/circle. Landing of apparatus.	Application of teaching points for an effective throw. Be able to perform shot/javelin with improved technique	Application of skills for one of the throwing events and and success at landing it.
4	Change over skills in the relay	Ability to use the correct changeover technique (right to left) and develop movement of the receiver.	Demonstrate and explain why different techniques are an advantage to a relay change over
5,6,7	Refinement and development of the jump and running mechanics	Explain the basic run-up, take-off, flight and landing.	Execution of one of the jump events and linking skills from the approach to the jump.

	involved in all jumping events		
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