

Year 8	Intent
	<ul style="list-style-type: none"> <li>• To deliver lessons that cover a variety for sports to cater for all student interests.</li> <li>• Lessons delivered at different times of the year based on seasonal factors/ weather/space/staffing.</li> <li>• The priority is to keep students active and engaged.</li> <li>• Opportunities for leadership during warm-up and game related activities (strategies/tactics)</li> <li>• To extend and develop many of the same skills learned in Y7 PE</li> <li>• To continually revisit the names of muscles and bones as covered in Year 7. Add – movements available – flexion, extension etc</li> <li>• To be aware of the different phases of a warm-up and the reasons why we warm up before physical activity</li> </ul>
June - July	Overview
	<p>8Y 2 Girls groups – Tennis &amp; Rounders 8Y 2 Boys groups – Lacrosse &amp; Cricket</p> <p>8G – Set 1 Girls – Tennis &amp; Rounders Set 1 Boys – Lacrosse &amp; Cricket Mixed set – Athletics &amp; Tennis</p> <p>Plus, one ‘choice’ lesson each fortnight.</p> <p>Students are split into set 1 &amp; 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"> <li>• <b>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.</b></li> </ul>

YEAR 8	Tennis		
Lesson	<b>Key Knowledge</b> <i>What will all students KNOW by the end of the topic?</i>	<b>Key Skills</b> <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>	<b>Assessment Opportunities</b> <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

Y8	Lacrosse		
Topic: Fitness 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	<b>Stick Familiarisation</b> 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	<b>Handling the Ball Under Pressure</b> 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	<b>Defending and Checking</b> 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	<b>Attacking and Dodging</b>	To identify when a good shooting position is available and to try to attack that space.	Check students' knowledge of where the good place to shoot from is. Try to get students to attack 'top side' or 'middle of the

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

YEAR 8	<b>Cricket</b>		
Lesson	<b>Key Knowledge</b> <i>What will all students KNOW by the end of the topic?</i>	<b>Key Skills</b> <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>	<b>Assessment Opportunities</b> <i>What are the key pieces of assessment? How will students be assessed?</i>
1	Throwing & catching	Develop performances, knowledge, and understanding of under and overarm throws 2. Develop knowledge and understanding of how to catch each different type of delivery	Application of rules. Success of catching and reduction in dropped balls. Targeted and global Q + A. Application in game situation.
2	Fielding One handed retrieval	To use & perform a range fielding techniques depending on competitive situation 2. To make accurate decision about outwitting opponents with the placement of the ball 3. Be able to perform the One – Handed Retrieval.	Success of catching and reduction in dropped balls. Targeted and global Q + A. Application in game situation. Ability to perform one handed retrieval
3	Batting Pull shot	Understand and know the correct grip, stance and back-lift techniques when batting in cricket 2. To clearly demonstrate and understand how to perform these skills 3. To be able to perform the pull shot	Hitting percentage. Placing of a shot. Being caught out or clearing the fielders. Consistency of scoring. Application in game situation. Effectiveness of pull shot
4	Bowling	To be able to accurately replicate full over arm bowling technique. 2. Incorporate a small run up & understand the impact it has on bowling speed/ power 3. Understand the rules & infringement related to bowling deliveries.	Application of rules. Amount of wide or no balls. Variation of bowling technique. ICT to analyse technique self and peer assessment
5	Batting calls/ field placement	Understand the need for basic communication skills and appropriate batting calls 2. To have some knowledge of fielding positions and correct terminology 3. To perform and replicate a combination of skills to outwit opponents in a match situation.	Use of space. Knowledge of the correct positions. Confidence and willingness to succeed. Leadership ability to organise. Application of rules
6,7	Game play/Assessment	Demonstrate the ability to outwit an opponent in a game situation use a range of techniques 2. Develop knowledge and understanding of the laws of cricket 3. To demonstrate a variety of tactics based on the placement of the ball in relation to fielders.	Win/loss of game/practice challenges  Increase in accurate umpiring decisions

YEAR 8	<b>Rounders</b>		
Lesson	<b>Key Knowledge</b> <i>What will all students KNOW by the end of the topic?</i>	<b>Key Skills</b> <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>	<b>Assessment Opportunities</b> <i>What are the key pieces of assessment? How will students be assessed?</i>
1	Basic game play, add backwards hit rule	Applying knowledge of rules of the game, positioning when fielding and throwing and catching skills. Apply teaching points for this rule as both a batter and fielder in particular backstop	Game play and use of rules. Fielding positions if the ball is hit behind
2	Different types of bowling techniques	Two-steps underarm, spin, donkey drop	Correct technique when bowling, minimising number of no balls
3	Fielding techniques when in the deep field	Applying the long-barrier technique and chasing a moving ball technique	Correct technique of long-barrier and chasing a moving ball
4	Knowing when to move as a fielder in response to a batter's stance/grip	Moving as a fielding unit when a batter is left-handed	Movement of fielders, dictated by bowler
5	Efficient running round bases	Sticking close to the bases	Following the path of batters round the bases
6	Positioning on a post to catch/stump efficiently. Avoiding obstructing when fielding	Keeping one foot on the base when fielding so no need to turn/knowing where your base is. Not stepping into batters' path	Stumping out of players. Correct positioning of fielders to avoid obstructions
7	Gameplay. What makes a performance effective	How to improve own and others' performance	Knowing how to improve performance