



## Academic Learning Plan Year 8 PE

The specific order of activities is individual to each teaching group and can be found on the programme of study document. The activity order for each group considers the seasons of various sports as well as the need and availability of the required facilities and resources (i.e. gymnastics requires access to the sports hall, rugby season in Somerset schools is in the autumn term). Minor differences in the boy's/girl's curriculum reflect the needs of South Somerset School's interschool fixtures. Where a sport is not covered by a boy's or girl's group in curriculum time, opportunities exist to participate in the sport during extra-curricular time. Over the 5-year learning students will experience every sport at least twice in curriculum time. Students will also take part in drop down cross country lessons throughout the year.



	Rugby (Boys)	Hockey (Girls)	Netball (Girls)	Football (Boys)	Gymnastics	Health Related fitness	Tennis	Striking & Fielding	Athletics	Ultimate Frisbee (Leadership)
Skills	<p>Passing &amp; receiving (stationary and on the move/both directions)</p> <p>Side pick ups</p> <p>Ground tackle</p> <p>Rucking &amp; clearing out</p> <p>Recycling the ball at the breakdown</p> <p>Presenting the ball at the break down (pop or place)</p> <p>3-man scrums</p> <p>Presenting the ball at the break down (pop or place)</p>	<p>Passing and receiving</p> <p>Tackling</p> <p>Outwitting an opponent</p> <p>Dribbling</p> <p>Shooting</p> <p>Formations</p> <p>Game play</p> <p>Basic rules</p>	<p>Passing</p> <p>Footwork</p> <p>Positions/basic rules</p> <p>Moving into space</p> <p>Shooting</p> <p>Marking</p>	<p>Shooting</p> <p>Passing</p> <p>Dribbling</p> <p>Controlling</p> <p>Outwitting an opponent</p> <p>Gameplay / basic rules</p> <p>Defending principles</p> <p>Attacking principles</p>	<p>Basic foot patterns</p> <p>8 body shapes</p> <p>Trust</p> <p>Forward roll</p> <p>Backward roll</p> <p>Teddy bear roll</p> <p>Cartwheel</p> <p>Pair balances</p> <p>Group balances</p> <p>Vaulting/flight</p> <p>Perform in front of peers</p>	<p>Be able to set up, run and complete various fitness tests and types of training</p>	<p>Ready position</p> <p>Serving (underarm)</p> <p>Footwork</p> <p>Ground strokes (forehand &amp; backhand)</p> <p>Volleying</p> <p>Drop Shots</p> <p>Top spin</p> <p>Disguising shots</p>	<p>Throwing and catching</p> <p>Fielding</p> <p>Bowling</p> <p>Batting</p> <p>Fielding tactics</p> <p>Gameplay / basic rules</p>	<p><b>Jumps</b> – long jump, high jump, triple jump</p> <p><b>Throws</b> – shot putt, javelin, discuss</p> <p><b>Sprints</b> – 100m, 200m, 300m/400m</p> <p>Long distance – 800m, 1500m</p> <p>Pacing, sprint starts</p>	<p>Stationary passing and receiving</p> <p>Passing and receiving on the move</p> <p>Marking effectively</p> <p>Crocodile catching</p> <p>Crab Catching (1 &amp; 2 hand)</p>
Knowledge	<p>Basic rules</p> <p>Offside rule</p> <p>Safety during contact</p> <p>Creating space</p> <p>Committing the defender</p> <p>Defensive line</p> <p>Attacking line</p>	<p>How to hold the stick. Can describe the actions to be taken for various infringements of the rules. Can keep the score of a game accurately. Can apply the basic rules correctly when playing. Basic tactics. Importance of safety equipment e.g. Gum shield, shin pads. Know location of local clubs.</p>	<p>Can describe the actions to be taken for various infringements of the rules. Can keep the score of a game accurately. Can apply the basic rules correctly when playing. Basic tactics. Know location of local clubs.</p>	<p>Understand best part of foot to accurately pass the ball and shoot. Can describe the actions to be taken for various infringements of the rules. Can keep the score of a game accurately. Can apply the basic rules correctly when playing. Basic tactics. Know location of local clubs.</p>	<p>Types of fitness required for gymnastics</p> <p>How to win in competitions</p> <p>Safety considerations</p> <p>Memorise 8 shape routine</p> <p>Create and memorise own routines</p> <p>Analyse &amp; evaluate the performance of others</p>	<p>The definition of health.</p> <p>How exercise benefits health.</p> <p>The different components of fitness:</p> <p>The tests which can be used to test different components of fitness.</p> <p>Which components of fitness are useful for which sports.</p> <p>Types of training.</p>	<p>Scoring</p> <p>Outwitting opponent</p> <p>Basic rules</p> <p>Court boundaries for singles doubles</p> <p>Tactics for singles/doubles</p> <p>Effective court positioning</p>	<p>Can describe several ways a batter can be out.</p> <p>Can keep the score of a game accurately. Can apply the basic rules correctly when playing.</p> <p>Basic tactics. Know location of local clubs.</p>	<p>Identify the different phases of running, throwing and jumping events. Able to explain the differences between start of race commands for sprints and long-distance events. Can identify the finish line on a track and the direction of travel. Estimating distance of throws/jumps – estimating times for runs. Know location of local clubs</p>	<p>Characteristics of a good leader</p> <p>Characteristics of a good official</p> <p>Characteristic of a good coach</p> <p>Characteristics of an effective warm up (FAMMs)</p> <p>Rules of the game</p> <p>Select and apply tactics</p> <p>How to motivate and support peers</p> <p>Analyse &amp; evaluate the performance of others</p> <p>Selecting and applying tactics</p> <p>Managing the wind</p>
Key Words	<p>Try, offside, conversion, ruck, forwards, backs</p> <p>Scrumhalf.</p>	<p>Free hit, D, long corner, push pass, stick tackle, flat side of stick, attackers, midfielders, defenders</p>	<p>Footwork, chest pass, bounce pass, overhead pass, goal keeper, goal defence, wing defence, centre, wing attack, goal attack, goal shoot, contact, pivot.</p>	<p>Side foot, throw in, goal kick, free kick, penalty kick, handball, possession, marking, corners, defenders, midfielders, attackers, turn.</p>	<p>Forward roll, backward roll, cartwheel, teddy bear roll, flexibility, muscular strength, power, vaulting, pike, straddle, tuck, puck.</p>	<p>Health, balance, coordination, cardiovascular endurance, strength, agility, flexibility, test, normative data, muscular endurance</p>	<p>Serve, backhand, forehand, volley, love, deuce, advantage, racket, court, baseline, top spin, drop shot.</p>	<p>Stance, no ball, 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup> base, deep field, bowler, backstop, overarm throw, underarm throw, ½ rounder, full rounder.</p>	<p>Javelin, discuss, shot putt, sprint, safety line, throwing line, start line, finish line, take-off board, track, long distance, pacing, long jump, triple jump, high jump, personal best</p>	<p>Sportsmanship, frisbee, official end zone, crocodile catch, crab catch, FAMSS, team work, manager, captain, substitute tactics.</p>
Assessment	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>	<p>Via practical observations and question and answer sessions during lessons.</p>

### Enrichment

Students have numerous opportunities to enrich what they have learnt in lessons through regular lunchtime and afterschool clubs, fixtures, inter- house games, as well as the opportunities to lead and officiate during Crewkerne and Ilminster School Partnership (CISP) primary sports events. Current lunch and afterschool club timetables can be found on the PE section of the school website.