

Subject	Year 8 Threshold Concepts – Autumn Term	How to support students' learning
Physical Education	<p data-bbox="450 272 1149 336"><u>Development of Physical Education within the Secondary setting</u></p> <p data-bbox="450 379 680 408"><u>Carousel of sports:</u></p> <ul data-bbox="495 451 703 692" style="list-style-type: none"> - Netball - Football - Hockey - Fitness - Swimming - Badminton - Table Tennis <p data-bbox="450 740 1144 839">Students will have access to session 3 clubs for all of the above sports. Students who need more support in an area will be encouraged to attend session 3 clubs.</p> <p data-bbox="450 882 551 911"><u>Football</u></p> <p data-bbox="450 959 1167 1378">During term 1 of Year 8, students will undergo further assessment in football. Pupils will learn and develop further the skills and techniques that will be used as a platform for their development. These skills will reference skills already acquired in Year 7. They will be tested on a regular basis to perform with and without pressure to cement these fundamental actions and will be given the opportunity to develop further by competing against their peers and in competitions. These valuable core skills and techniques will allow the students to replicate them inside and outside school whilst playing for a grass roots club or in their own leisure time. Students will be able to experience competitive</p>	<ul data-bbox="1249 272 1592 301" style="list-style-type: none"> • Encourage your child to: <p data-bbox="1205 344 1957 408">Continue to attend session 3 sports/activities in areas that they both enjoy and may need to develop.</p> <p data-bbox="1205 451 1480 480">How can they develop?</p> <ul data-bbox="1249 523 1980 767" style="list-style-type: none"> - Play sport outside of school- enquire about our club links - Improve fitness- attend session 3 fitness clubs - Attend our session 3 programme to develop confidence - Be active outside of school - Talk to a member of the P.E team to get feedback and advice for development. - Keep trying hard and listen to feedback.

scenarios in lessons as stepping stone to developing their ability in a pressured environment.

Netball

The intent of this unit is to continue to build on the skills taught in year 7, encouraging students to partake in session 3 and an active lifestyle outside of school. Students will learn about modifying technique and consolidating skills through practice and repetition. Through this sport students can develop self-esteem as physical confidence improves and it will help pupils to cope with both success and failure in competitive and co-operative activities. Students will learn and recognise relevant rules, laws, codes, and etiquette and safety procedures.

There will be elements of competition throughout the scheme of work as students will be playing matches; using their knowledge of the rules and laws of the sport. Students will have the opportunity to learn and practice tactical strategies to outwit opponents.

The following strands of learning will be at the forefront of the unit of work: Technique and Skills, Tactics & Strategies & Competition

Hockey

Students will continue their development and refinement of skills and techniques within hockey in year 8. Building upon this with exploration of small unit and tactical play. The students who show interest will be given the opportunity to try out the goalkeeping position. Term 1 in hockey in year 8 will focus on re-developing the basic skills learnt in year 7.

Students will be able to show mastery evidence of these skills before developing them further in a layered approach.

Swimming

During term 1 in year 8 students will focus on improving their skill set and range of strokes. This will also include developing confidence further within the swimming pool. Non swimmers will be given further structured support.

Students will aim:

- To further develop knowledge and understanding of the alternating and continuous strokes
- To further develop basic techniques of body position, kick action, arm action, breathing & coordination of the alternating and continuous strokes
- To further develop strength, fluency, control and precision of the alternating and continuous strokes
- To use knowledge acquired to analyse a swimmers performance identifying strengths and weaknesses and suggesting ways to improve, via observation, recording and feedback methods

All lessons will be delivered and planned around the Why This, Why Now, format. This will be clearly laid out to students on an individual lesson basis.

Table Tennis

Students will start to learn, study and play table tennis in P.E lessons in year 8. Some may have had experience at session 3 clubs.

Within this first unit of table tennis, students will learn about modifying technique and consolidating skills through practice and repetition. Through this sport students can develop self-

esteem as physical confidence improves and it will help pupils to cope with both success and failure in competitive and co-operative activities. Students will learn and recognise relevant rules, laws, codes, and etiquette and safety procedures. There will be elements of competition through cooperative rallies, ladder tournaments and games

The following strands of learning will be at the forefront of the unit of work: Technique and Skills, Tactics and Strategies & Competition

Badminton

Students will start to learn, study, and play badminton in P.E lessons in year 8. Some may have had experience at session 3 clubs.

Students will learn about modifying technique and consolidating skills through practice and repetition. Through this sport students can develop self-esteem as physical confidence improves and it will help pupils to cope with both success and failure in competitive and co-operative activities. Students will learn and recognise relevant rules, laws, codes, and etiquette and safety procedures. Students will form the link to other racket sports.

There will be elements of competition through cooperative rallies, ladder tournaments and games

The following strands of learning will be at the forefront of the unit of work: Technique and Skills, Tactics and Strategies & Competition

Fitness

Prior Knowledge and Understanding from previous learning in Fitness:

- *Our Year 8 students will have had a total of 18 weeks of Fitness lessons from Year 7.*
- *Students have covered a variety of experiences in the fitness suite including.*
 - *Health and Safety*
 - *Importance of Health and Fitness*
 - *Components of Fitness*
 - *Heart Rate / RPE Scale / Maximum Heart Rate*
 - *Training Principles*
 - *Types of Training*
 - *Fitness Testing*

During Year 8 Autumn term they will develop their confidence and understand further in a range of key areas. They will also apply concepts linked closely with our GCSE and BTEC sport programme so that we can start to prepare students for the theory element of sport and fitness.