

Subject	Year 8 content – Spring/ Summer Term	How to support students' learning
	<p><u>Athletics</u></p> <p>Athletics in year 8 will develop further the skills and knowledge acquired in year 7. Students will be familiar with how athletics lessons are structured, and they will gain confidence from performing indoor athletics events as part of our I.D carousel.</p> <p>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.</p> <p>There will be elements of competition throughout the scheme of work as students will be measuring their performance against their peers, using their knowledge of the rules and laws of the sport.</p> <ul style="list-style-type: none"> • Learn the skills required for successful performances in athletics • Show an ability to analyse and improve the performance of themselves and others • Show an understanding of the rules of different events and how to apply them. <p>The following strands of learning will be at the forefront of the unit of work: Technique and Skills, Analysis of Performance & Competition</p>	<ul style="list-style-type: none"> • Encourage your child to: <p>Continue to attend session 3 sports/activities in areas that they both enjoy and may need to develop.</p> <p>How can they develop?</p> <ul 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.

Rounders

The intent for this unit of work for rounders in year 8 is that students will develop independence through problem-solving physical challenges, evaluating, modifying technique and consolidating skills through practice and repetition. Through this rounders unit, students will also instil sense of sportsmanship and encourage students to recognise their own and others contributions. This unit of work in year 8 will also look to develop student's technique and skill acquisition with the striking and fielding elements of rounders, as well as students throwing and catching techniques. Students will also be encouraged to develop their tactical and strategic knowledge as there is a significant number of tactical decisions to be made when batting and fielding in rounders. Students will also experience competition, by playing matches against their peers.

Tennis

Tennis at year 8 aims to start by allowing students the opportunity to explore the timing and punching action used in the volley. Students will work on the service action, first without the ball, then hitting to a fence/wall to achieve the correct height of the toss of the ball and timing of the serve and explore ground shots especially the correct preparation (shoulder turn) and footwork.

Students will experience volleying practices aiming to keep their racket head high and checking footwork. Students will focus on developing the service action, the placement of the ball and the timing of the hit, aiming to serve into different areas of the court. Students will experience net court play

for either doubles or serve and volley tactics, and the different shots they will encounter - volley, punch volley, smash, etc. In relation to outwitting opponents in competitive situations students will develop accuracy and control aiming at targets and the ability to position/change their feet to get their bodies into the right position to hit/return service. They will develop reaction skills and then speed of movement around the playing area, finally finishing with the ability to make judgements on their own and others' performances.

To stretch the more able the correct grip and hand position on the racket and realise the difference between each shot; focus on their movement around the court following the service – knowing when to move into the net on a serve and volley tactic or to remain on the base-line; and the different roles such as umpire, line official, etc. involved in tennis and to gain experience when appropriate in these roles.

Students will also have access to:

- *Swim club- runs all year round*
- *Running club for cross country athletes*
- *Table tennis during spring*

These sports will be available during our session 3 programme. All KS3 students can access these programmes.