

Subject	Year 8 content – Spring Term	How to support students' learning
Physical Education	Development of Physical Education within the Secondary setting continuing to develop physical literacy, confidence, teamwork, resilience and lifelong participation in physical activity. Sports Taught: Fitness, Swimming, Netball, Football, Hockey Practical into theory link – Fitness components & Fitness Testing	Encourage your child to: • Continue to attend session 3 sports/activities in areas that they both enjoy and may need to develop. • Practice outside of lessons • Take up opportunities to represent the school • Watch sports on TV, social media, you tube etc • Develop an understanding of the rules • Learn fitness components required for sports • Complete end of half term quizzes on Fitness components, Fitness testing and rules of sports.
	Swimming students will continue to focus on improving their skill set and range of strokes. This will also include developing confidence further within the swimming pool. 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	Encourage your child to: • Attend fun swim to develop water confidence and socialise within the swimming setting. • Attend swim club if they are invited. Swim club is open to those swimmers who swim competitively. • Students will take part in a swimming gala with a variety of races for all abilities to represent their house

	suggesting ways to improve, via observation, recording and feedback methods Develop leadership through peer feedback and performance analysis. • Demonstrate greater independence when evaluating strengths and weaknesses.	
	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. Students will build upon the foundational skills developed in Year 7 by applying them within more complex game situations and tactical scenarios. 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 develop communication skills and working as a team. Students will learn and recognise relevant rules, laws, codes, and etiquette and safety procedures as well as leadership. 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.	Encourage your child to: • Attend netball session 3 netball clubs/team training to develop confidence and socialise within the appropriate setting. • Netball sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. • Students will have the opportunity to represent the school netball team in competitions or interhouse games.

	Students will have the opportunity to learn and practice tactical strategies to outwit opponents and will begin to think about match analysis and	
	Football 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 demonstrate increasing tactical understanding through: Creating and exploiting space in small sided games or practices. Transitioning between attack and defence, Supporting teammates through effective communication and Analysing team and individual performance.	Encourage your child to: • Attend football session 3 • Any child who has an interest in football will be encouraged to attend session 3 training. • Attend session 3 football clubs/team training to develop confidence and socialise within the appropriate setting. • Football sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. • Your child will have access to football lessons within the curriculum and will be encouraged to take part in extra curricular clubs • Club links will also be discussed with your child for football
	Hockey	Encourage your child to: • Attend hockey session 3 • Mr Such will notify you of this opportunity- check our session 3 plan.

	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.	• Attend session 3 hockey clubs/team training to develop confidence and socialise within the appropriate setting. • Hockey sessions/clubs outside of school are encouraged to help develop confidence but are not a requirement. • Your child will have access to hockey lessons within the curriculum and will be encouraged to take part in extra curricular clubs • Club links will also be discussed with your child for Hockey • Students will have the opportunity to represent the school in hockey fixtures, friendlies or in Session 3
	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 understanding 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	Encourage your child to: • Attend fitness session 3 Fitness clubs to develop confidence and socialise within the appropriate setting. • Use the fitness centre to develop aspects of fitness for other sports • Utilise the equipment to gather confidence in a gym setting • Complete gym competitions or record activities completed • Students can access the Technogym app on their phone to access fitness workouts, routines and videos to help them record and develop their fitness at home.

	start to prepare students for the theory element of sport and fitness.	
	Students will also have access to: Table Tennis, Badminton, Basketball These sports will be available during our session 3 programme. All KS3 students can access these programmes.	Encourage your child to: • Attend session 3 clubs to increase access to these sports • Play these sports at lunchtimes • Join external clubs or practice at home