

## **Subject: Physical Education**

Department Staff – Ms L Goodwin, Ms D Donnelly, Ms K Wiltshire

Year 8

### ***Contents: what you will study***

**Gymnastics:** construction paired sequences using assisted flight and assisted balance.

**Invasion Games:** conditioned games based upon Netball/Football

### ***National Curriculum levels at which you will work***

Levels 4 - 6

### ***Skills which you will develop this term:***

- Improve the consistency, quality and use of skills.
- Plan and perform a range of paired actions and balances with clarity and control.
- Construction of a warm up suitable for your activity.
- Working as part of a group using and accepting constructive criticism to improve performance.
- Develop organisational skills and leadership skills.

### ***Assessment: how you will be tested this term***

You will be assessed on your ability to

1. work as part of a pair to plan, produce and adapt a sequence to music based on supporting movements and balances.
2. develop a suitable warm-up to suit the needs of your pair
3. understand court-layout, rules and scoring systems
4. show increased control and fluency with Netball/Football skills

### ***Equipment which you will need for this term's work***

Outdoor PE kit for invasion games

Indoor PE kit for Gymnastics

Music

P E kit bag

### ***Key words which you will need to learn for this term's work***

**Gymnastics:** counter tension, counter balance, cannon, unison, mirroring matching, flow, quality, timing, pathways.

**Invasion Games:** teamwork, keeping possession, making progression, intercepting an opponent and covering.

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### ***Contents: what you will study***

**Dance:** construction of warm-ups and group dance based on international folk dance.

**Invasion Games:** conditioned games based upon Basketball.

### ***National Curriculum levels at which you will work***

Level 4 - 6

### ***Skills which you will develop this term:***

- Improve the consistency, quality and use of skills.
- Improvise and perform a range of actions with clarity and control.
- Construction of a warm up suitable for use by others.
- Working as part of a group using and accepting constructive criticism to improve performance.
- Research skills.

### ***Assessment: how you will be tested this term***

You will be assessed on your ability to:

1. work as part of a group to produce piece based on a traditional international dance.
2. develop a suitable warm-up to be used by others.
3. understand court-layout, rules and scoring systems.
4. show increased control and fluency with Basketball skills.

### ***Equipment which you will need for this term's work***

Outdoor PE kit for invasion games

Indoor PE kit for Dance

Music for dance, newspaper clips, poems, stories, lyrics, photos, videos.

P E kit bag

### ***Key words which you will need to learn for this term's work***

#### **Dance**

*features* motif development, use of number, dramatic, melodramatic,

*types* performance skills, intention, contrasting, complementary and juxtaposition.

#### **Invasion Games:**

teamwork, keeping possession, making progression, dispossessing an opponent and covering.

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*Contents : what you will study*

**Net Games:** Tennis

**Striking and Fielding Games:** conditioned games based upon rounders

*National Curriculum levels at which you will work (Unit 22 & 9)*

Levels 4 - 6

*Skills which you will develop this term:*

- Improve the consistency, quality and use of skills.
- Improvise and perform a range of actions with clarity and control.
- Construction of a warm up suitable for use by others.
- Working as part of a group using and accepting constructive criticism to improve performance.

*Assessment: how you will be tested this term*

You will be assessed on your ability to

1. develop running techniques and improve performance
2. develop a suitable warm-up to be used by others
3. understand pitch/court-layout, rules and scoring systems
4. show increased control and fluency with rounders/tennis skills

*Equipment which you will need for this term's work*

Outdoor PE kit

PE kit bag

*Key words which you will need to learn for this term's work*

**Tennis:** ground strokes, forehand, backhand, volley, lob, serve, doubles, singles, approach and passing shots, officiating and umpiring terms

**Striking and Fielding Games:**

Attacking and defensive strokes, mechanics of, line and length, bowling techniques, coaching, officiating and umpiring.