|  |
| --- |
| **Year 8 Units:**Basketball; Rugby; Gymnastics; Cross Country; Football; Netball; Hockey; Athletics; Tchoukball; Rounders; Cricket; Lacrosse; Handball; HRE |
| *By the end of the year working at students should be able to:* |
| **Sports Performance** | **Sports Analysis** | **Leading a healthy and active lifestyle** |
| * Perform and replicate increasingly more difficult skills accurately and consistently within given sports and apply these in gameplay.
* Show confidence in leading groups for deliberate practice
* Show understanding of defending and attacking principles in all games and apply tactics to this
* Demonstrate specific gymnastic skills based around two disciplines: floor and vault
* Use given activities to develop own skills and make choices related to this (i.e. choose own skills to develop)
* Show an understanding of rules and how they govern gameplay; begin to officiate regularly
* Effectively communicate with others
* I am proficient in the ‘five key skills’ (throwing, communication, co-ordination, strong position, catching)
* Meet the minimum distances and speeds in several athletic activities as per the ESAA.
 | * Observe others performance and recognise strengths and weaknesses using sport specific terminology
* Compare others performances to my own and suggest improvements using sport specific terminology
* Use the performances of professionals to improve my performance and discuss these in a range of sports
* Show an understanding of the wider context of the sport and be aware of major events taking place around the time.
 | * I know several activities for stretching and link these to sports specific warm ups
* I know several activities for raising my pulse and link these to sports specific warm ups
* I am aware of at least one sport that could I could become a ‘life-long participant’ of
* I can describe the long term health effects of undertaking regular sport

  |
| **Cross-Curricular Knowledge** | ***Greater Depth*** |
| * Converting units of measure: cm – m/m – km and back again
* Using time for pacing
* Names of muscles and bones.
* Percentages
* Cardio-vascular system
 | * *Perform and replicate skills fluently in games, particularly when under pressure from opponents*
* *I can consistently outwit opponents across a range of sports both individual and team*
* *I utilise team mates to outwit opponents*
* *Individually, I demonstrate a wide range of tactics and skills to outwit opponents*
* *observe performances of others and myself and set appropriate targets for subsequent lessons*
* *take responsibility for using a personal warm up tailored to my needs*
 |
| ‘**Being a sportsperson’** |
| * Support other participants
* Attend extra-curricular clubs
* Represent the school in at least one sport against another school
* Understand sports context in the wider world
 |