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| **SUBJECT:** | **P.E Sport Swimming** | **YEAR GROUP:** | **8** |

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| **Term** | **Topic** | **Content Outline** | **Learning Outcomes** |
| Term 1 | Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognize their success. | During this term, students will participate in 4 activities. Students will be informed what their starting activity will be on each carousel:  • Year 8 Girl’s Carousel: Health-Related Fitness, Dance, Volleyball, Netball  • Year 8 Boy’s Carousel: Health-Related Fitness, Basketball , Football | Pupils copy, repeat and explore simple skills and actions with basic control and coordination. They start to link these  skills and actions in ways that suit the activities. They describe and comment on their own and others’ actions. They talk  about how to exercise safely, and how their bodies feel during an activity. |
| Term 2 | Pupils should be taught to:  - use running, jumping, throwing, and catching in isolation and combination  - play competitive games, modified where appropriate [for example, badminton, basketball, football, netball and apply basic principles suitable for attacking and defending  -develop flexibility, strength, technique, control, and balance | During this term, students will participate in 4 activities. Students will be informed what their starting activity will be on each carousel:  • Year 8 Girl’s Carousel: Health Related Fitness, Dance, Volleyball, Basketball  • Year 8 Boy’s Carousel: Health Related Fitness, Basketball, Volleyball, Football | Pupils explore simple skills. They copy, remember, repeat and explore simple actions with control and coordination. They vary skills, actions, and ideas and link these in ways that suit the activities. They begin to show some understanding of simple tactics and basic compositional ideas. They talk about differences between their own and others’ performance and suggest improvements. They understand how to exercise safely, and describe how their bodies feel during different activities |
| Term 3 | Swimming and water safety All schools must provide swimming instruction either  . In particular, pupils should be taught to:  - swim competently, confidently and proficiently over a distance of at least 25 metres  - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  - perform safe self-rescue in different water-based situations. | In the summer term students follow an Athletics Carousel (Running, Jumping, Throwing) and a summer games carousel.  • Year 8 Girls: Rounder’s, Active games  • Year 8 Boys: Softball, еactics games | Students will again be assessed on:  1) How they select and combine skills  2) What they know about strategies, tactics and composition.  3) How well they can plan and lead practices and take on different leadership roles  4) How accurately they analyse and comment on their own and others work.  5) What they know about health and fitness and how regular physical activity can benefit their health |