

Year 8	UNIT TITLES	Learning Objectives	Assessment
<p>Autumn Term 1 Sept – Oct</p>	<p>Module One: Gymnastics</p>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • Skills and principles of balance. • Devise simple sequences with partner, using partner as weight-bearing base developing skills of balance. • To develop aesthetic quality. 	<ul style="list-style-type: none"> • Pair Assessment. • Perform balances that have a greater element of risk. • Perform sequences consistently well. • Demonstrate a high level of precision and control. • Show originality when linking balances to apparatus.
<p>Autumn Term 2 Nov - Dec</p>	<p>Module Two: Volleyball</p>	<p>Pupils will learn to:</p> <ul style="list-style-type: none"> • Extend range of individual skills. • Understand where to stand on court for attack and defence. 	<ul style="list-style-type: none"> • Assessment in Game situation. • Consistently perform digs and volleys. • Use a smash shot in the game. • Serve either under or over arm. • Able to score other game.

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<p>Spring Term 1 Jan - Feb</p> <p>Spring Term 2 Mar - Apr</p>	<p>Module Three: Fitness</p> <p>Module Four: Dance</p>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> The components of fitness in a practical way leading into the GCSE PE. <p>Pupils will:</p> <ul style="list-style-type: none"> Consolidate knowledge, skills and principles of dance genres. Work on choreographic devices to help them choreograph several dances. Use key words when evaluating dance. Understand fully how to evaluate a piece of dance. 	<ul style="list-style-type: none"> Practical and Theory Assessment. Name all the components of fitness. Name and describe a test for each one. Perform an effective cool down and explain why it is important. Display correct technique for 6 activities. <ul style="list-style-type: none"> Practical and Theory Assessment. Perform and create outstanding movements with accuracy and consistency. Develop ideas and make them unique and interesting. Identify my own strengths and weaknesses within the performance and give effective feedback. Lead with confidence and work in well in a group .

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<p>Summer Term 1 May - Jun</p> <p>Summer Term 2 Jun - Jul</p>	<p>Module Five: Netball</p> <p>Module Six: Athletics</p>	<p>Pupils will:</p> <ul style="list-style-type: none"> • Extend their individual skills by observing and coaching each other. • Be able to recognise good technique and successful team tactics. <p>Pupils will:</p> <ul style="list-style-type: none"> • Extend knowledge and technique with regards to throwing events. • Develop efficient techniques for jumping. • Effectively measure/time and record. 	<ul style="list-style-type: none"> • Theory and Practical Assessment • Take part actively in the game and understands her position in the game. • Describe and perform 3 centre pass systems. • Evaluate and analyse how a player can improve in future games. • Has knowledge of the rules. <ul style="list-style-type: none"> • Practical Assessment • Discus and Shot Put • Long and High jump • Run with good style and ease. • Improve times and distances in every lesson

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