

Year: 8 GIRLS

Subject: Physical Education

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
	1	Basketball	Dribbling, Jump stop, pivot, pass	To be able to dribble the ball with control, perform a controlled jump stop, using the backward pivot to change direction and pass the ball using a variety of passes.	Triple threat https://www.youtube.com/watch?v=A-Jg0BwOYGE Jump stop and pivot https://www.youtube.com/watch?v=8BQ5w4Swl3s https://www.youtube.com/watch?v=Jv7oFJ_VCxs passing https://www.youtube.com/watch?v=7UT4JTPiw_0 dribbling https://www.youtube.com/watch?v=OeGoxNOgAYM&t=23s
	1	Athletics	Throwing - Javelin	To understand the rules of javelin. To be able to perform the technique for javelin (standing and small run up)	Rules https://www.youtube.com/watch?v=9fGiv2MwFLk tip down https://www.youtube.com/watch?v=JZ9PHvqDr40 learning how to throw https://www.youtube.com/watch?v=ck2nE9aX5hk https://www.youtube.com/watch?v=Lg2CHt7kxQ8
	2	Basketball	Shooting Lay-up	To be able to perform the correct shooting technique using either the set shot or jump shot. To be able to understand the steps involved (right, left, up)	Shooting mechanics https://www.youtube.com/watch?v=UcnB9e5O5NY Self-shooting https://www.youtube.com/watch?v=eBx7_PRWdJc Shooting practice https://www.youtube.com/watch?v=MbS29S6Pg8s rebounding https://www.youtube.com/watch?v=zJIRj5e_9bQ
	2	Athletics	Throwing - Shot Putt	To understand the rules of shot putt. To be able to perform the standing and shuffle technique for shot putt that reflect their ability.	Rules https://www.youtube.com/watch?v=EFje4ysTLZs grip and delivery https://www.youtube.com/watch?v=Xkql_HGQ8UQ&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC Standing throw

				https://www.youtube.com/watch?v=l3Mn0bTfgRk&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=26 preparation https://www.youtube.com/watch?v=HMvol9e2qQo&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=16 glide https://www.youtube.com/watch?v=oyrdaNZJZBg&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=43 https://www.youtube.com/watch?v=HMvol9e2qQo&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=16
3	Basketball	Lay-up	To demonstrate the steps involved with the lay-up.	https://www.youtube.com/watch?v=p20Obyna7zQ https://www.youtube.com/watch?v=aPqoJjm1NSc
3	Athletics	Throwing - Discus	To understand the rules discus. To understand the grip, release and arm action of the discus technique.	Rules https://www.youtube.com/watch?v=LMUahmjET7Q grip and delivery https://www.youtube.com/watch?v=n9xqxvIwMJE&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=3 Throwing https://www.youtube.com/watch?v=5atxdHaE-T8
4	Basketball	Getting free – outwitting an opponent	To be able to get free and outwit your opponent	https://www.youtube.com/watch?v=9SBvptJM258
4	Athletics	Throwing – Discus	To be able to perform the standing technique for discus their ability.	Rules https://www.youtube.com/watch?v=LMUahmjET7Q grip and delivery https://www.youtube.com/watch?v=n9xqxvIwMJE&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=3 Throwing https://www.youtube.com/watch?v=5atxdHaE-T8
5	Basketball	Defending - man marking and Zone marking	To be able to mark players closely, denying them space. Develop an understanding of zone marking.	Man marking https://www.youtube.com/watch?v=4A6KgSJX8Ek https://www.youtube.com/watch?v=wuWE4T1DHCw Zone marking https://www.youtube.com/watch?v=5743m1CfFE0 https://www.youtube.com/watch?v=N5Nsw0WHvX0

5	Athletics	Jumping – Long Jump	To understand the rules regarding take off long jump. To be able to perform an effective long jump technique for their ability.	<p>Rules</p> <p>https://www.youtube.com/watch?v=OOJ1_1moKKM</p> <p>fundamentals of long jump</p> <p>https://www.youtube.com/watch?v=L0cQBmpgjcjg&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=23</p> <p>long jump take off</p> <p>https://www.youtube.com/watch?v=1NdNzQKNvWU&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=26</p> <p>landing</p> <p>https://www.youtube.com/watch?v=mmJpbORtJSc&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=59</p> <p>technique</p> <p>https://www.youtube.com/watch?v=LPIkPM2B9DM</p> <p>https://www.youtube.com/watch?v=40o9PoSCnmM</p>
6	Basketball	Game Play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	<p>Rules</p> <p>https://www.youtube.com/watch?v=wYjp2zoqQrs</p> <p>game</p> <p>https://www.youtube.com/watch?v=1JaVoPEcQhs</p>
6	Athletics	Sprinting	To be able to perform the technique for sprinting (100m). To be able to use a sprint start to create power and speed.	<p>Sprint starts</p> <p>https://www.youtube.com/watch?v=YwbPv91e6AY</p> <p>https://www.youtube.com/watch?v=7TXf8UPDtUE&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=18</p> <p>drills to improve running technique</p> <p>https://www.youtube.com/watch?v=7FRWXrdmKI8</p>
		Long Jump	Practice Long Jump technique	
7	Basketball	Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	
7	Athletics	Sprinting	To be able to perform the technique for sprinting using a sprint start (200m and 400m).	<p>Setting up starting blocks on the bend</p> <p>https://www.youtube.com/watch?v=6nYmRVhMz1A&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=55</p> <p>drills to improve running technique</p> <p>https://www.youtube.com/watch?v=7FRWXrdmKI8</p>

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	1	Athletics	Jumping – High jump	To understand the rules high jump. To be able to perform an effective high jump technique for their ability.	Rules https://www.youtube.com/watch?v=-DmF8RCIadM beginners https://www.youtube.com/watch?v=NLufVXI7HOQ Scissor technique https://www.youtube.com/watch?v=-1T5vrm53SI introduction to the flop technique https://www.youtube.com/watch?v=CIsVe-WQF-g https://www.youtube.com/watch?v=p3aqLIUJMQw creating and running an arch https://www.youtube.com/watch?v=ML-NFFnSCTs&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=49 https://www.youtube.com/watch?v=w8HGUFViMNQ&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=51
	2	Athletics	Jumping – High jump	To understand the rules high jump. To be able to perform an effective high jump technique for their ability.	Rules https://www.youtube.com/watch?v=-DmF8RCIadM beginners https://www.youtube.com/watch?v=NLufVXI7HOQ introduction to the flop technique https://www.youtube.com/watch?v=CIsVe-WQF-g https://www.youtube.com/watch?v=p3aqLIUJMQw creating and running an arch https://www.youtube.com/watch?v=ML-NFFnSCTs&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=49 https://www.youtube.com/watch?v=w8HGUFViMNQ&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=51
	3	Athletics	Middle distance running	Understand how to pace an 800m race reflecting on their own ability.	https://www.youtube.com/watch?v=7FRWXrdmKl8
	4	Athletics	Middle distance running	Understand how to pace an 800m race reflecting on their own ability.	https://www.youtube.com/watch?v=7FRWXrdmKl8

	5	Athletics	Relays	Understand the relay change over rules. To be able to perform the down sweep technique a relay.	4 x 100m relay https://www.youtube.com/watch?v=55_kVAQLums changeover https://www.youtube.com/watch?v=_los9Gt7Grg&list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&index=11 Drills https://www.youtube.com/watch?v=icKAn75Q0mo
	6	Athletics	Relays	Understand the relay change over rules. To be able to perform the 4x400m relay changeover	4 x 400m relay https://www.youtube.com/watch?v=LfjldrQTp0 https://www.youtube.com/watch?v=t8acYLuA3M0
	7	Athletics	Practice	Students will practice their favourite athletic events	

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2A	1	Swimming	Body position and Breaststroke	To be able to perform a streamlined push and glide. To be able to perform the leg action and arm action	https://www.youtube.com/watch?v=IFU0aZEEIqc https://www.youtube.com/watch?v=ppuDgfdk9y8
	2	Swimming	Breaststroke	To be able to perform the correct timing of the stroke focusing on the breathing technique.	https://www.youtube.com/watch?v=9aefCaQKZpo
	3	Swimming	Body position and Front crawl	To be able to perform the leg and arm action	https://www.youtube.com/watch?v=-UzYFyaeGEY
	4	Swimming	Front crawl	To be able to demonstrate the breathing technique.	https://www.youtube.com/watch?v=-UzYFyaeGEY
	5	Swimming	Body Position and Back crawl	To be able to perform the leg and arm action	https://www.youtube.com/watch?v=VYLb1MRIyk0
	6	Swimming	Race starts	To be able to perform the race starts for the stroke.	https://www.youtube.com/watch?v=CuRuRFzGNo8
	7	Swimming	Assessment	To understand and perform the full strokes	

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2B	1	Volleyball	Overhead pass (Volley) and Forearm Pass (dig)	To be able to perform the volley and forearm pass	Forearm pass (dig) https://www.youtube.com/watch?v=vAAcuihU11U https://www.youtube.com/watch?v=wYPXkfK4ZGs https://www.youtube.com/watch?v=y73so-UV-X8 Overhead Pass (Volley) https://www.youtube.com/watch?v=2f8l_Fb84LE https://www.youtube.com/watch?v=dn_rkWI7700
	2	Volleyball	Serving Volley and dig	To be able to perform the serve technique. To be able to perform the volley and dig in a rally.	Partner drills https://www.youtube.com/watch?v=XE8wxJMxUdE Serving https://www.youtube.com/watch?v=E65rysfSWNQ https://www.youtube.com/watch?v=oO44w6NFpl4
	3	Volleyball	Volley and dig	To be able to perform either the volley and dig in a 3 touch rally. Be able to apply skills in a game	Partner and group passing drills https://www.youtube.com/watch?v=XE8wxJMxUdE https://www.youtube.com/watch?v=hMy8hN_dk1c https://www.youtube.com/watch?v=oxZMxB_QYA8 https://www.youtube.com/watch?v=VYYWfukq_zg
	4	Volleyball	Spike	To be able to throw the ball and contact ball with correct part of the hand. To be able to jump up and contact ball that is thrown/volleyed.	Spike footwork https://www.youtube.com/watch?v=1UscFC5Ttx4 https://www.youtube.com/watch?v=r-d4atm9TnE Learning how to spike drills https://www.youtube.com/watch?v=qGGNW151mro
	5	Volleyball	Spike	To be able to spike a ball from a set. To apply skills in a game	https://www.youtube.com/watch?v=j-apieZR0YQ https://www.youtube.com/watch?v=0FK1nQunWus

	6	Volleyball	Game play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	Rules https://www.youtube.com/watch?v=OWCkPbzq81g 7 th grade game – 12 to 13 year olds https://www.youtube.com/watch?v=oDe6pthzSgo 8 th grade game – 13 to 14 years olds https://www.youtube.com/watch?v=BARkazmJ6EU
	7	Volleyball	Volleyball Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
3A	1	Netball	Passing, moving, footwork and pivoting	To be able to demonstrate accurate passing, 1,2 footwork, pivoting and moving to space.	https://www.youtube.com/watch?v=V1qINnl-Dis https://www.sportplan.net/drills/Netball/rules.jsp
	2	Netball	Shooting	To perform the shooting technique with/without a defender.	https://www.youtube.com/watch?v=wGUXLYYXvzU Shooter holding space https://www.youtube.com/watch?v=YFZ-yySpnSk defending the shooter https://www.youtube.com/watch?v=sgHd_siUqyg
	3	Netball	Getting free and marking	To be able to change direction and speed. And mark players	https://www.youtube.com/watch?v=s1LJDtgNrCY https://www.youtube.com/watch?v=5opWTP58qEs https://www.youtube.com/watch?v=lzPJPCg5SCg
	4	Netball	Interception	To be able to time an interception of the ball without making contact	https://www.youtube.com/watch?v=xdkXW2Y0Wfg
	5	Netball	Centre set pieces plays: attacking and defensive movements	To be able to perform a variety of set pieces showing techniques like sprinting, timing and holding.	https://www.youtube.com/watch?v=xpi6BrLtBFY https://www.youtube.com/watch?v=NWnjUOJzgyQ https://www.youtube.com/watch?v=Nclkp9EDZ1Y https://www.youtube.com/watch?v=pnURwa81sJg
	6	Netball	Defending set pieces	To be able to defend a variety of set pieces, aiming to gain possession of the ball.	Defend Centre pass https://www.youtube.com/watch?v=a_N14hQ7hD0 https://www.youtube.com/watch?v=zkeAcQb9avA https://www.youtube.com/watch?v=zX-z6qxWbKA
	7	Netball	Game Play and Assessment	To play a full court game to demonstrate all of the skills in a competitive situation.	https://www.youtube.com/watch?v=wC-zwp9aW9Q https://www.youtube.com/watch?v=spToSGqkuuw

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
3B	1	Rounders	Fielding skills	To be able to attack the ball and perform the long barrier, short barrier or short pick up. Focus on achieving accurate catching and throwing to fielders on the bases.	https://www.youtube.com/watch?v=YWJtqI-Jg0A&list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3 https://www.youtube.com/watch?v=tp76VnKw3B4
	2	Rounders	Batting	To perform the batting technique with a stationary/moving ball, focus on developing power.	https://www.youtube.com/watch?v=smTBrE52Fag https://www.youtube.com/watch?v=6_z-uaiczxl
	3	Rounders	Fielding skills Batting	To be able to apply fielding skills in a combination drill. Develop a powerful batting technique.	Batters position https://www.youtube.com/watch?v=6_z-uaiczxl&list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&index=10
	4	Rounders	Inner fielding positions and apply these in a game	To be able to bowl to the backstop, backstop to first base. The backstop to throw the ball accurately to first and second post.	Bowling: https://www.youtube.com/watch?v=MH99kmx9iYI https://www.youtube.com/watch?v=q0Xm96ptGtw No Balls https://www.youtube.com/watch?v=Kuw9iUdQDbQ&list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&index=11
	5	Rounders	Game Play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	Rounders rules https://www.youtube.com/watch?v=f5Lxiy9_L9Q https://www.youtube.com/watch?v=rUeK1mCSDw8&list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&index=14

					https://www.youtube.com/watch?v=Fbmy2BlbsW8&list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&index=16 https://www.youtube.com/watch?v=weXIkCTcZZo&list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&index=19 Players out https://www.youtube.com/watch?v=hIXpBksE4MA Rounders games https://www.youtube.com/watch?v=f5Lxiy9_L9Q https://www.youtube.com/watch?v=EGcimxQM0v0
	6	Rounders	Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	