

Topic: Athletics Year 8		Duration: 6 x 120 minute lessons	Composite: Times and distances recorded on SIMS. Criteria used to mark pupils using 2 of their best events.
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
DRIVE FORCE COMBINATIONS FAULT SCISSORS OFFICIATE ACCELERATION 'LEG SHOOT' ROTARY MOMENTUM	<p>Intermediate distance To know and understand what is meant by the term 'pacing'. To be able to run at an even pace over middle and longer distances. To recognise that different athletic events require different types of fitness and to understand the difference between high-intensity vigorous activity and less vigorous, more sustained activity. To enhance and develop their physical strength, stamina, speed and flexibility to cope with the demands of athletics To use knowledge and understanding to select and use tactics, strategies and compositional ideas effectively in distance events</p> <p>Intermediate long jump To understand the importance of speed during the approach run and know that at the point of take off the momentum gained during the run up must be converted to distance in flight. To be able to perform the long jump using an extended run up and leg shoot and use this technique to improve on a previous personal best. To know how jumps are measured and be able to measure the distance jumped by others accurately To know and understand the correct techniques in approach, take off, flight and landing. To be able to perform the correct techniques in approach, take off, flight and landing. To know and understand the laws that govern the Long Jump To be able to refine and adapt skills into techniques of the long jump To develop the precision, control and fluency of their skills within the long jump</p> <p>Intermediate shot putt To understand that distance can be added to the throw by adding a low to high whole-body movement, as well as a full follow through. To be able to perform a technically correct putt using an appropriately weighted shot, starting from a semi-crouched position facing away from the direction of the throw and including a ½ rotation of the upper body (Chin-knee-toe). To be able to measure the distance that is thrown by another student</p>	<ul style="list-style-type: none"> • Heel to toe action with legs • Looking forwards • Pace <ul style="list-style-type: none"> • Take off at board • Opposite arm with leg to get height. • Do not reach back, reach forwards <ul style="list-style-type: none"> • Chin, knee, toe in line • Shot putt loosely rests at neck • Twist hips for extra power 	HRE various components of fitness used for the different events. <ul style="list-style-type: none"> - Endurance - Speed - Strength - Coordination - Agility

	<p>Intermediate discus To understand that distance can be added to the throw by adding a low to high whole body movement, as well as a full follow through. To be able to perform a technically correct discus throw using appropriately weighted equipment, starting from a semi-crouched position facing away from the direction of the throw and including a ½ rotation of the upper body. To be able to measure the distance that is thrown by another student. To be able to refine and adapt skills into techniques of the discus To develop the precision, control and fluency of their skills within the discus</p> <p>Intermediate Sprint Start To be able to perform a semi and full crouch start. To understand what is meant by the term ‘acceleration’ and know that short strides out of the crouch start gradually increasing to longer strides allows for more effective acceleration and ultimately a faster finish time To know what signals are used to start a race and be able to start a competitive race. To be able to use the full crouch start to be begin a sprint race. To develop the precision, control and fluency of their starts To be apply the start technique to the 100m sprint</p> <p>Intermediate triple jump To understand the importance of a long final stride and know that this can be used to lead to a longer jump. To be able to perform the triple jump using an extended run up and leg shoot and use this technique to improve on a previous personal best. To know how the triple jump is measured and be able to measure the distance jumped by others accurately. To develop the precision, control and fluency of their triple jumps To perform at maximum levels in relation to speed, height, distance, strength or accuracy when performing the triple jump</p> <p>Basic Relay & Changeover To know which distances are included in athletic relay events. To be able to run whilst holding the baton in the correct grip. To be able to pass the baton to the person in front and receive it from the person behind using the correct technique. To know and understand the laws that govern the relay changeovers To know and understand the importance of performing the changeovers at speed and the responsibilities of both people at the changeover To be able to perform the changeover on the straight and on a bend To be able to pass the baton during a modified relay race. To know not to block some ones path after passing on the baton To be able to perform the changeover accurately and precise To develop the precision, control and fluency of their changes and relay techniques</p>	<ul style="list-style-type: none"> • Roll off index finger last • Bend knees • Feet shoulder width apart <ul style="list-style-type: none"> • Hands behind line with fingers spread • Dominant leg back • Push up and away with legs <ul style="list-style-type: none"> • Arms must come up to head on all 3 phases with knees and body driving upwards at all times • Knees bent on landing and throughout all the phases. • Try to create forward momentum within final flight <ul style="list-style-type: none"> • Run with head up • Create a V with hand so baton can be placed in hand correctly • pupils should be jogging whilst the team-mate is approaching 	
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Topic: <u>Physical Education – Rounders – Year 8</u>		Duration: 6/7 Weeks Permitted in Term	Composite:
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
<p>Catching Accurate Timing Cushion Precision Vision Speed Strength</p>	<p>Catching <u>Close catching</u> - feet shoulder width apart with weight evenly spread and on balls of feet - Hands clasp together, with fingers point to the ground, little fingers together, creating a cup shape. - Bring hands into body as you catch, cushioning the ball.</p> <p><u>Catching high ball</u> - Balanced and low position, move quickly underneath the ball keeping head steady - Little fingers are touching, creating a cup shape - Hands are in line with the flight of the ball just above the eye level - Catch the ball at eye level, bringing hands in to chest to cushion catch.</p> <p><u>Development of catching situations</u> -Development of catching each different type of delivery e.g. <i>Low, High to sides etc.</i> -Develop the precision, control and fluency of their fielding skills, with accurate and precise in the retrievals. -use strength, speed and accuracy in the throws and skills -understand the importance of moving for the ball -able to catch successfully in various situations</p>	<p>-Hands cup and cushion & eye contact. -Two types of catch, close/high - Call out fielder receiving – Teamwork</p>	<p>Link to catching in sports such as Netball, cricket due to aim and accuracy idea.</p>
<p>Throwing Vision Accuracy Release point Power Replication Sequence Distance Precision</p>	<p>Throwing <u>Under-arm throwing</u> - grip the ball between fingers and thumb - stand facing target, feet together - take throwing arm back at 180degrees, ball facing ground - Bring arm through at same time as stepping with opposite leg - release ball with fingers pointing to target</p> <p><u>Over-arm Throwing:</u> - Hold ball between fingers and thumb - Eyes look at target - Side on position - Align non-throwing arm with target - Take throwing arm straight back - start with weight on back foot - Bring arm straight through so the elbow is level with ear - Release the ball with a straight arm just passed the ear, not vertical, not horizontal but between the two</p> <p><u>Development of Throwing</u></p>	<p>-Follow through with hand, pointing fingers at release point -Add power behind ball to increase distance by transferring body weight from front to back. -The ball thrown accurately is faster than a runner</p>	<p>Links to softball, cricket and other field sports</p>

<p>Bowling Accurate Aim Power Target Release point Vision</p>	<p>-understand and know why this method is used in fielding and where this is performed in rounders (over arm, long distance & Under arm, short distance) -develop the precision, control and fluency of their over arm throws, varying target range -use strength, speed and accuracy in the over arm throws -accurate in the replication of actions, phrases and sequences of each throw</p> <p>Bowling</p> <ul style="list-style-type: none"> - Hold ball comfortably in writing hand - Eyes look at target set by backstop - Long stride with opposite leg to throwing arm - Align arm with target - When hips and shoulders turn out the ball should be thrown with a bent front leg from a low position. - At the point of release the elbow should remain level with the shoulder, fingers pointing to target - Ball must be between shoulder and knee height 	<p>-Increased pace of release created with power -Aim for backstop hands rather than bat of player -Ball released and going above shoulders or below hips = no ball.</p>	<p>Links with softball bowling and motion of underarm throw.</p>
<p>Batting Aware Alert Focussed Vision Power Accuracy</p>	<p>Batting</p> <ul style="list-style-type: none"> - Sideways on with Feet shoulder width apart and Knees flexed - Batting arm back straight with the Bat up at 90 degrees to arm, held firmly in the ready position. - Watch the ball from release, Keeping head still - Swing creating a 'C' shape, bringing bat to ball with arm and bat straight - Transfer weight from back to front foot - Make contact mid swing <p>Development of batting</p> <ul style="list-style-type: none"> -Ability to hit the ball in different directions, by using body position to open up and allow swing direction to change. -Right handed – Left leg steps out left to allow left swinging direction -Right handed – Left leg steps ahead to allow straight bat -Right handed – right leg steps left to allow swing towards right -Rolling wrists and stance can allow for direction changes <p>Backstopping <i>(for right handed players, opposite leg/arm from left handed players)</i></p> <ul style="list-style-type: none"> - Face bowler and Stand with left leg forward - Hands up as a target for bowler, fingers together pointing up, thumbs crossed behind - Watch the ball at all times, stay focused. 	<p>-Add power behind ball to increase distance -Make contact will ball around waist height. -Stance of batter can allow for direction changes</p>	<p>Links to other batting/net sports such as tennis and badminton.</p> <p>Some link to badminton/Tennis referring to 'ready position'.</p>
<p>Ground Fielding Accuracy Aline Barrier React Stump Backup</p>	<p>Ground fielding</p> <p>Long Barrier</p> <p>RIGHT Hander =</p> <ul style="list-style-type: none"> - Left knee touches back of right foot so a straight barrier is created - Approach the ball at speed - Get in line early - Fingers pointing down - Watch ball into hands 	<p>-Make accurate contact with line of ball direction -Quick sharp movements and reactions -Followed by accurate throw to nearest fielder to post</p>	<p>Links to cricket and softball</p>

<p>Post work Obstruction Rule Umpire Penalty Stump Backup</p> <p>Running Ready Alert Space Outrun Stride</p> <p>Tournament Position Rules Obstruction Batting Bowling Accuracy Power Team Work</p>	<p>Development of ground fielding -Understand the purpose of legs and hands act as a barrier against the ball so if the ball is missed by the hands it is stopped by the leg. -Develop their knowledge and understanding of the essential fielding positions on a Rounders pitch -Always cover 2nd and 4th base -Fielder placed between batting box and 1 -Short fielders and long fielders working as a team to get the ball back to bowler or stump -Allow back up fielders around bases -Must try to use a long barrier on all ground fielding opportunities</p> <p>Post Work -DO NOT STAND WITH FOOT ON POST -Stand with foot next to post -Stand inside diamond so not to obstruct -Stump post with ball not hand</p> <p>Development of Post work Catching at Post -Stay inside the diamond -Do not obstruct -Catch and stump accurately -stump with the ball</p> <p>Running - start low, moving on balls of feet - stride out, body upright - on approaching post, shorten stride, on balls of feet, get low and dip left shoulder, tap post on passing. - push off with right foot to next post -Only run when post ahead is free -Cannot overtake a player = outrun -Base 2 = ½ rounder if ball hit -Base 4 = 1 rounder if ball hit -Base 4 = ½ rounder if ball not hit</p> <p>Tournament -Skills placed into practice -Fielding = Throwing, catching, ground fielding and Backstop -Batting = Batting, running, post work</p> <p>Development of tournament -Set positions used to create effective team work; Back stop, 2nd base and 4th base accurate catchers, long fielders accurate overarm throwing -Tactics used to place ball in clear areas -Strong team communication to allow organised tactics</p>	<p>-Accuracy/timing -Tactical positioning of fielding players -Tactical placement of ball to post</p> <p>-Once past halfway to the next post you cannot return -Stay alert and ready by communicating with teammates -Sprint</p> <p>-Allow skill set to place ball in free fielding areas to allow for more running time. -Fielders spread and back up posts -Tactical fielding/placement of the ball</p>	<p>Links to softball and other defensive playing skills.</p> <p>Links to all sports needing short sharp movement e.g. sprint/netball shuttle</p> <p>Links to competitive gaming situations</p>
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