

## Felpham Community College – Key Stage 3 Scheme of Work

<b>Subject: Physical Education</b>	<b>Year: 8</b>	<b>Leader: Mr B Hauxwell</b>
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<b>Autumn Term 1</b>	<b>Activities</b>	<b>Homework (Wk 1 &amp; 7)</b>
Topic: Games Activities Netball & Football Rugby & Basketball Hockey Badminton	Develop fluency and accuracy of all core skills. Understanding of positional roles & responsibilities. Adapted mini games – 4v4, 5v5	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Gymnastics(Balance – pairs work) Health Related Exercise Orienteering	Develop creativity when sequence building. Understanding of Training zones. Pairs work on low apparatus. Map reading skills	Focus: A – Evaluating and Improving performance. B – Making informed choices about leading a healthy, balanced and active lifestyle. C – Identifying and solving problems  <b>Assessment Plans:</b> Practical performance assessed – core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT - <i>Students will speak in full sentences when they identify, describe and explain key teaching points, rules and tactics to each sporting activity.</i> Performance data will be collated to calculate percentages which will enable strengths and weaknesses to be drawn.		

<b>Autumn Term 2</b>	<b>Activities</b>	<b>Homework (Wk8 &amp; 15)</b>
Topic: Games Activities Netball & Football Rugby & Basketball Hockey Badminton	Develop fluency and accuracy of all core skills. Understanding of positional roles & responsibilities. Adapted mini games – 4v4, 5v5	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Gymnastics(Balance – pairs work) Health Related Exercise Orienteering	Develop creativity when sequence building. Understanding of Training zones. Pairs work on low apparatus. Map reading skills	Focus: A – Evaluating and Improving performance. B – Making informed choices about leading a healthy, balanced and active lifestyle. C – Identifying and solving problems  <b>Assessment Plans:</b> Practical performance assessed – core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT - <i>Students will speak in full sentences when they identify, describe and explain key teaching points, rules and tactics to each sporting activity.</i> Performance data will be collated to calculate percentages which will enable strengths and weaknesses to be drawn.		

<b>Spring Term 1</b>	<b>Activities</b>	<b>Homework/ (Wk16 – 21)</b>
Topic: Games Activities Football & Basketball Rugby & Tag Rugby Badminton	Develop fluency and accuracy of all core skills. Understanding of positional roles & responsibilities. Adapted mini games – 4v4, 5v5	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Gymnastics(Balance – pairs work) Health Related Exercise Indoor athletics Orienteering	Develop creativity when sequence building. Understanding of Training zones. Pairs work on low apparatus. Map reading skills	Focus: A – Evaluating and Improving performance. B – Making informed choices about leading a healthy, balanced and
		<b>Assessment Plans:</b> Practical performance assessed – core skills, health & fitness & evaluation skills.
Literacy / Numeracy /ICT– Verbal identification of others strengths & weaknesses of performance using full sentences.		

<b>Spring Term 2</b>	<b>Activities</b>	<b>Homework (Wk 22- 27)</b>
Topic: Games Activities Football & Basketball Rugby & Tag Rugby Badminton	Develop fluency and accuracy of all core skills. Understanding of positional roles & responsibilities. Adapted mini games – 4v4, 5v5	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Gymnastics (Balance - pairs work) Health Related Exercise Indoor athletics Orienteering	Explore linking movement/skills. Understanding of the principles of training. Pairs work high apparatus. Map reading skills	Focus: A – Evaluating and Improving performance. B – Making informed choices about leading a healthy, balanced and active lifestyle. C – Identifying and solving problems
		<b>Assessment Plans:</b> Practical performance assessed – core skills, health & fitness & evaluation skills.
Literacy / Numeracy / ICT – Verbal identification of others strengths & weaknesses of performance using full sentences.		

<b>Summer Term 1</b>	<b>Activities</b>	<b>Homework (Wk28- 33)</b>
Topic: Games Activities Rounders Cricket	Develop fluency and accuracy of all core skills. Explore and practice specific bowling and batting skills – donkey drop, forehand/backhand, spin, swing	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Athletics	Explore & practice specific performance technique, glide, hang, frosbury flop, hitch kick, bend running Perform in multi events - pentathlon	Focus: A – Developing Physical and Mental Capacity B – Making informed choices about
		<b>Assessment Plans:</b> Practical performance assessed – core skills, health & fitness & evaluation skills.

Literacy / Numeracy / ICT – Estimations involving distances & times. Performance analysis using ICT (ipad )

Summer Term 2	Activities	Homework (Wk 34 – 39)
Topic: Games Activities Rounders Cricket	Develop fluency and accuracy of all core skills. Explore and practice specific bowling and batting skills – donkey drop, forehand/backhand, spin, swing	Focus: A – Develop skills, techniques and tactics in physical activities. B – Making and applying decisions in physical activities.
Topic: Physical Education Athletics	Explore & practice specific performance techniques – glide, hang, frosbury flop, hitch kick, bend running Perform in multi events - pentathlon	Focus: A – Developing Physical and Mental Capacity B – Making informed choices about leading a healthy, balanced and active lifestyle.  <b>Assessment Plans:</b> Practical performance assessed – core skills, health & fitness & evaluation skills.

Literacy / Numeracy / ICT – Basic multiplication and subtraction of performance data.

Website / Resources: [www.youtube.co.uk](http://www.youtube.co.uk) [www.teachpe.com](http://www.teachpe.com) [www.bbc.co.uk/sport](http://www.bbc.co.uk/sport) [www.transworldsport.co.uk](http://www.transworldsport.co.uk)

Extension; Choose an activity, explore the rules, regulations, scoring systems, formations & history of it and share the information with others.