

***Physical Education Half Term 1***

***YEAR 8 OVERVIEW Pupils will learn:***

***Boys-***

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| **Half Term 1 - Rugby & Basketball** | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** |
| **Rebounding** | **Lay Ups** | **Jump Shot** | **Free Throw** | **Positions** |
| **Recap Tackling, Passing and Maintaing Possession from Rucks and Mauls** | **Passing - Miss, Switch and Loop** | **Tackling - Side and Dive** | **Rucking (1)** | **Rucking (2)** |

***Girls & Mixed groups-***

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| **Half Term 1 - Netball & Rugby** | | | | | |
| **Lesson 1** | **Lesson 2** | **Lesson 3** | **Lesson 4** | **Lesson 5** | **Lesson 6** |
| **Passing to a player on the move** | **Footwork - Landing on the outside foot before pivoting** | **Feint Dodge** | **Marking the ball** | **Academic review** | **Academic review/ Addressing misconceptions** |
| **Receiving the ball on the half turn** | **Block Tackle** | **Outside of the Foot Passing and Shooting** | **Control** | **Academic review** | **Academic review/ Addressing misconceptions** |

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| ***Extracurricular opportunities linked to the sports being taught*** | 1. *Netball Thursdays afterschool* 2. *Football Mondays afterschool* 3. *Girls Football Tuesdays afterschool* 4. *Dodgeball Lunchtime* 5. *Futsal lunchtime* 6. *Futsal years 9-11 Monday afterschool* 7. *Trampolining Lunchtime* |