

Autumn Term

What has come before and what comes later:

In year 8 students will have refined and developed their knowledge and understanding of the techniques required for several different activities, whilst developing their ability to apply skills to the competitive situation. They will have increased their knowledge and understanding of tactics to help them apply skills successfully to the competitive situation. They will now develop and refine complex skills and tactical awareness, analysing their own and other's ability to apply skills to the competitive situation with success. They will be given opportunities for leadership and officiating.

Core

The Big Questions (What questions will students be able to answer upon mastery of the topic?)

- What is the difference between aerobic and anaerobic exercise?
- What does the body use for aerobic respiration?
- What builds up in the body when we work anaerobically?
- How can we prevent cramp?
- How can I use my position in the pack to my advantage when running middle to long distance races?
- How can I increase my speed when sprinting?
- Why does a run up increase the distance achieved in throwing events?
- How do you measure throwing events correctly?
- How do you measure long and triple jump correctly?
- Why is the length of the run up important in long and triple jump?

Extension

- What happens if we have a false start?
- How can we work as a team to beat world records in different athletic events?
- How can we use a change of bowler to help get a wicket?

Analysis

- How do I know I can perform X skill well?
- What is the impact of set tactics on my/our performance?

	<ul style="list-style-type: none"> • How can we keep our balance when batting? • How do you use different deliveries to outwit your opponents? • How can we position our fielders to help outwit our opponents? • How do we use the position of the fielders to select the correct shot to play? • What information should we use when selecting a shot? • How can we use the golden triangle to effectively outwit our opponents in rounders? • What fielding tactics can we use to help outwit our opponents? • How can we use loaded bases to help outwit our opponents? • How can we transfer skills from netball and basketball to help our performance in handball? • What skills can we transfer to handball? • How can we utilise set pieces to help outwit our opponents? <p>Analysis</p> <ul style="list-style-type: none"> • What tactics are the most effective? • What makes a performance effective? • How does my performance compare to other performances? • How can I improve my performance? 	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none"> • Application of skills • Decision making • Teamwork • Oral communication 	Develop through: <ul style="list-style-type: none"> • Demonstrations • Part practice • Isolated drills

	<ul style="list-style-type: none"> • Sportsmanship • Leadership • Peer and self-analysis • Sweep, drive, cut & drive – preparation & execution • Feilding a ball on the ground – long barrier, short barrier & quick pick up • Feilding a ball in the air • Sprinting • Long distance running • Jumping for distance • Throwing events • Handball(passing, receiving, defending, shooting & moving with the ball) 	<ul style="list-style-type: none"> • Conditioned games • Competitive play <p>Demonstrate:</p> <ul style="list-style-type: none"> • Apply skills to competitive situations with some success • Apply some tactics with some success • Perform track and field events correctly • Complete scores in track and field events gaining bronze, silver or gold awards • Recognise areas of development and understand what they need to do to alter them • Coach peers, offering support and guidance • Lead warm-ups & group activities • Officiate conditioned and full games
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