Swanwick Hall School Long Term Planning

Y8 PE

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| Learning cycle | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8  |
| 15/9/22 – 21/10/22 | **Dance**Olympic introduction  | The Olympic rings | Transition between sections  | Know the music | Finale section | ***checkpoint week*** | ***gap week***Improvements to final performance |  |
|  | **Netball**Recap passing Skills & fundamental rules | Timing of pass/support play | Attacking play | Shooting  | Marking/defending | ***checkpoint week*** | ***gap week***Outwitting Opposition |  |
| 231/10/22- 22/12/22 | **Rugby**Recap passing & refine handling skills | Developing passing/4 vs 2 | Develop tackling technique | Competitive Games | Tactical play/outwitting opponents | Competitive Games | ***checkpoint week*** | ***gap week***Competitive Games |
|  | **Gymnastics**Recap rotation & jumps | Recap balance – Individual/Partner work  | Intro to basic vaulting | Vaulting - low level apparatus | Vaulting – refining performance | Vaulting – refining performance | ***checkpoint week*** | ***gap week***Vaulting – refining performance |
| 39/1/23 – 3/3/23 | **Table Tennis**Grip & backhand push | Forehand topspin | Backhand topspin | Serve | Doubles/single game play | ***checkpoint week*** | ***gap week***Outwitting Opponents in competitive games  |  |
|  | **HRE**Understanding HR Re-cap Heart Rate and understand how and why it changes during exercise. | Basic circuitTo accurately replicate the general fitness techniques at each station | Sustained running – cooper test | Components of health related fitness | Methods of training – Interval training | ***checkpoint week*** | ***gap week***Group designed circuits |  |
| 46/3/23 – 12/5/23 | **Orienteering**Recap of Orienteering and basic concepts | Map Orientation, North Arrow, Direction of travel | Wheel Orienteering Event | Permanent course 1-11 | Permanent course - Anagrams | Permanent course 12-20 | ***checkpoint week*** | ***gap week*** |
|  | **Hockey**Dribbling & movement with the ball  | Passing & reverse stop | Creation of space/attacking principles | Defending/jab tackle | Shooting | Outwitting an opponent or Team. | ***checkpoint week*** | ***gap week***Outwitting an opponent or Team. |
| 515/5/23 – 3/7/23 | **Tennis**Basic ground strokes | Serve development | Backhand slice | Volley  | Outwitting opponents | ***checkpoint week*** | ***gap week***Outwitting Opponents in competitive games  |  |
|  | **Athletics**Sprint running technique (100/200/400m) | Middle distance running – 800m | Jumping - high jump | Throwing – shot putt | Throwing - javelin | ***checkpoint week*** | ***gap week***Relay |  |
| mini unit10/7/23 – 21/7/23 | **Rounders** | Learning Objective |  |  |  |  |  |  |