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 |
| 1  5/9/22 – 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 |  |
| 2  31/10/22- 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 |
| 3  9/1/23 – 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 circuit  To 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 |  |
| 4  6/3/23 – 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. |
| 5  15/5/23 – 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 unit  10/7/23 – 21/7/23 | **Rounders** | Learning Objective |  |  |  |  |  |  |