

BLESSED TRINITY LEARNING PROGRAMME

SUBJECT: PE

YEAR: 8

Title	Learning Objectives	Classroom Activity	Recommended Homework	Marking & Assessment
Cross Country	All pupils will be expected to maintain pace using tactics and specific techniques.	Running a variety of different routes and recording a time.	All pupils will be assessed on their times, techniques and finishing positions.	
Hockey	All pupils will be expected to perform with some consistency the skills involved in open, closed and Indian dribbling and will be able to demonstrate the correct passing and receiving techniques.	Practicing stationary and within a game the different types of dribble and sending and receiving techniques. Perform these within a game using tactics to outwit opponents.	All pupils will be assessed and awarded a level through observation of set skills and their role/ participation within a game.	
Gymnastics	All pupils will be expected to develop gymnastic moves showing precision, control, clarity of movement and fluency.	Pupils will use the gymnastic work cards for pair, trio's and group work and will take it in turns to take on the lead role to produce the routines.	All pupils will be assessed and awarded a level for their role as a performer and a leader.	
Netball	All pupils will learn the different positions in netball and will be able to successfully a variety of passes within a game.	Experiencing the different position within a game and understanding where they are allowed on the court. Extend the knowledge and understanding of rules and tactics within the game.	All pupils will be assessed & awarded a level for their ability to demonstrate their knowledge and understanding of netball.	
Athletics	All pupils will learn a variety of track & field activities and develop consistency in techniques. Understand the health & safety requirements of these events.	Participate in events such as- Field= javelin, shot put, discus, high jump, long jump, triple jump. Track=100m,200m,400m,800m,1500m Hurdles, relays.	All pupils will be assessed and awarded a level for their ability based on their performance in these events.	

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Cricket	<p>All pupils will develop a range of fielding, batting & bowling techniques that they can add into their games.</p> <p>Gain an understanding of the main rules of cricket in order to be able to play in a competitive match situation.</p>	<p>Practicing fielding, batting & bowling techniques through a series of isolated drills, and performing these in a series of conditioned games leading into a competition phase.</p>	<p>All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.</p>	
Outdoor and Adventurous Activities (OAA)	<p>All pupils will learn basic map reading & orienteering skills.</p> <p>Developing their teamwork, communication and leadership skills. Introduction to problem solving and leadership activities.</p>	<p>Participate in various orienteering & problem solving activities both on & off site (Queens Park and Thompsons Park)</p>	<p>All pupils will be assessed and awarded a level based upon the skills they demonstrate (including teamwork, communication skills and leadership)</p>	
Cycling	<p>All pupils will learn road & bike safety and learn how to be proficient on a bike. Pupils will improve CV fitness.</p>	<p>Participate in a number of bike riding activities both on & off site.</p> <p>Demonstrate safe and correct use of bikes and equipment.</p>	<p>All pupils will be assessed and awarded a level based upon the skills and fitness they demonstrate.</p>	
Tennis	<p>All pupils will be expected to perform a range of shots and develop their knowledge of rules and tactics for both singles & doubles games.</p>	<p>Practicing serve, forehand, backhand and drop-shots through a series of isolated drills and performing these in a rally situation leading to a competition phase.</p>	<p>All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.</p>	
Softball	<p>All pupils will develop a range of fielding, batting & bowling techniques that they can add into their games.</p> <p>Gain an understanding of the main rules of softball in order to be able to play in a competitive match situation.</p>	<p>Practicing fielding, batting & bowling techniques through a series of isolated drills, and performing these in a series of conditioned games leading into a competition phase.</p>	<p>All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.</p>	

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Volleyball	<p>All pupils will be expected to perform basic touches including volley, dig and serve.</p> <p>Pupils will also be expected to gain a knowledge and understanding of the basic rules and scoring system of the games.</p>	Practicing in small sided conditioned games the volley, dig and serve.	All pupils will be assessed and awarded a level for their ability to perform set skills and apply these in a conditioned game.	
Rounders	All pupils will continue to develop their striking and fielding techniques and learn more advanced rules and tactics.	Practicing the long barrier, "backing up", batting and positioning within a game on both the batting and fielding sides.	All pupils will be assessed and awarded a level for their ability to perform set skills and apply these in a full game.	
HRF	Pupils will be able to warm up and down independently and explain how to improve fitness levels.	Developing sessions in the fitness suite to address individual needs.	All pupils will be assessed on their ability to develop their own fitness session.	
Football	<p>All pupils will be expected to perform a range of passing and dribbling skills, implementing these into small sided games.</p> <p>Pupils will also be expected to develop their knowledge & understanding of the rules & tactics of football.</p>	Practicing passing and dribbling skills in both competitive and non competitive situations	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	
Badminton	All pupils will be expected to perform a range of shots and develop their knowledge of rules and tactics for both singles & doubles games.	Practicing forehand serve, overhead clear and drop-shots through a series of isolated drills and performing these in a rally situation leading to a competition phase.	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	
Rugby	All pupils will be able to develop passing, receiving and tackling skills. They should implement rules and tactics into a game scenario (both contact and non contact)	Practicing tackling, passing and receiving through a series of isolated drills. Giving pupils the confidence to perform these in a competitive structured game.	All pupils will be assessed and awarded a level for their ability to perform the set skills and apply these in a game situation. Pupils will be able to self and peer assess throughout the unit of work.	