

Year 8	8CR 1 & 4	8CR 2 & 3	8CR 6 & 5
	Fitness	Fitness	Fitness
WEEK 16 wc 6 th January	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness
	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training
WEEK 17 wc 13 th January	Australian Relays X4 teams working together to try and catch the other teams. Interval Training	Australian Relays X4 teams working together to try and catch the other teams. Interval Training	Australian Relays X4 teams working together to try and catch the other teams. Interval Training
	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.
	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall
WEEK 18 wc 20 th January	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line

	Dance	Basketball	Hockey
WEEK 19 wc 27 th January	<p>Students will watch the Waka Waka Just dance Video on you tube.</p> <p>Teacher led discussion on the video and the links to the world cup. Ask students what they see e.g. team work, celebration, links to South Africa pride etc</p> <p>Students follow the video until they start to feel comfortable with the dance.</p>	<p>To be able to perform passing and receiving techniques and use to outwit opposition.</p> <p>To be able to perform these in a small sided game with success.</p> <p>To use dribbling technique correctly and understand what constitutes a double dribble and traveling</p>	<p>Recap Lesson: Looking at basic dribbling Stick skill/management Vision and looking up</p> <p>Basic passing</p>
	<p>Counting in 8s</p> <p>Students watch the video again trying to count the beats in 8 focus upon the movements.</p> <p>Students practice the dance all counting aloud in beats of 8 as they perform. Repeat until all following.</p>	<p>To develop an understanding about attacking principles related to basketball.</p> <p>To perform and accurately replicate a range of dribbling skills to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponent's half.</p>	<p>Jab Tackle:</p> <p>Jab first</p> <p>Talk about shadowing</p> <p>3v1 games with just jab tackle & shadowing</p>
WEEK 20 wc 3 rd February	<p>New introduction.</p> <p>Students move into groups of 4 ideally. They create a new introduction to the dance.</p> <p>All students perform their new intro and then all join in the dance together.</p>	<p>To understand and know the benefits of types of shots.</p> <p>To develop their understanding and knowledge of how to execute a successful set shot.</p> <p>To be able to outwit opponents using learnt skills and techniques.</p>	<p>Block tackle: Drills & bully off practice 3v1 games just block tackles Avoidance of swiping</p>
	<p>Development of own version.</p> <p>Warm up students all perform their new intro and dance. They focus upon their favourite moves and start to create their own version of the dance.</p> <p>Given dance composition cards to help them think about direction, space, dynamics etc</p>	<p>To perform the jump shot appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>Game play using tackling.</p> <p>Focus upon decision making & tackling is it best to Jab/shadow/block</p>
WEEK 21	<p>Students practice their dance.</p>	<p>Rule Play</p> <p>The pupils are to develop their knowledge and understanding of the rules in basketball.</p>	<p>How to deal with Tackling; Offloading the ball/puck Protecting the ball/puck Passing backwards and support.</p>

wc 10 th February	Peer observations and feedback 2 stars and a wish	To demonstrate a developing understanding of basketball.	Indian Dribble/dragging the ball puck across the body
	Try to respond to feedback. Assessment lesson: Students perform their dance to the class.	Assessment Lesson: Tournament lesson demonstrating the game play and skills learnt.	Assessment Lesson Will get to playing mini tournaments being able to freely compete in games with different students.

Core P.E. Year 8 Learning Intentions Spring Half Term 1

2024-2025