


Year:		8	Subject:	PE (All)	Fitness	Netball	Athletics	
Intent	Subject Concepts (Substantive knowledge) 	<ul style="list-style-type: none"> Motor Competence 	<ul style="list-style-type: none"> -Balance & Flexibility -Speed & Agility -Reaction Time & Co-ordination -CV Endurance and Muscular Endurance - Power & Strength 	Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Can define Component of Fitness (COF). Identify Fitness test for each Component. Can demonstrate each COF in Physical Activities. Can analyse strengths and weaknesses in relation to each COF. 	<ul style="list-style-type: none"> -Netball Recap -Attacking -Defending -Rebounding 	Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Can describe and demonstrate passing and receiving, footwork and pivoting, shooting. <ul style="list-style-type: none"> Can demonstrate attacking concepts e.g. creating space and timing of passes Can demonstrate defensive concepts e.g. marking e.g. man marking and zonal marking. Timing, positioning, and jumping 	<ul style="list-style-type: none"> -Principles of Running -Principle of Jumping -Principles of Throwing -Apply Frack & Field techniques using combined events 	Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Can demonstrate running mechanics - arm drive, leg drive, running upright. Can select the appropriate pace for fitness level. Can analyse sprinting position and select most effective method of starting - standing, seated and press up position. Grip, stance and release angle of shot (push), discus (pull) and Javelin (pull) Run up, take-off and landing for High Jump (scissors), standing long jump and standing triple jump. Perform events in the different disciplines in athletics and generate outcomes.
		<ul style="list-style-type: none"> Rules, Tactics and Strategies 	<ul style="list-style-type: none"> -Can recall the protocol for each Fitness Test. -Can administer and record Fitness Tests. - 	Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Knows how to perform Fitness tests accurately Can follow the protocol accurately for each test and generate reliable results. 	<ul style="list-style-type: none"> - Communication -Teamwork -Officiating -Positions 	Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Can demonstrate verbal and nonverbal communication. <ul style="list-style-type: none"> Team building activities. Demonstrating the role of the official. Know all seven position and the areas of the court that can go in e.g. GK can only go in defensive third. 	<ul style="list-style-type: none"> -Safety -Recording & officiating -Analysis of Performance 	Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Can recall and demonstrate safe responses to throwing commands. Can accurately record times and distances in track and field events. Can develop own and others performance using coaching points
		<ul style="list-style-type: none"> Healthy Participation 	<ul style="list-style-type: none"> - Warm up - Exercise Intensity - Sporting examples 	Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Performs warm up independently. Completes short periods of exercise and can sustain effort in an activity without getting tired. Can apply each COF to specific sporting examples e.g. CV endurance and endurance sport. 	<ul style="list-style-type: none"> Netball Fitness and Conditioning 	Prior Knowledge: <ul style="list-style-type: none"> Takeaway Learning: <ul style="list-style-type: none"> Importance of fitness in netball <ul style="list-style-type: none"> Fitness circuit incorporating netball specific drills Agility drills SAQ exercises Endurance exercises 	<ul style="list-style-type: none"> -Exercise intensity -Analyse COF (Component of Fitness) for running, jumping and throwing events - Link to Forces 	Prior Knowledge: <ul style="list-style-type: none"> Can remain active for longer periods of time. Can explain which COF are the most important for each event. Can make links to how forces are applied in athletics - the elbow driving backwards propels the body forward. Forces work in pairs. Takeaway Learning: <ul style="list-style-type: none">
Disciplinary Knowledge			•	•	•	•		
Impleme	Common Misconceptions		•					
	Enabling or Adapting the Curriculum	SEND Students	•	•	•	Prior Knowledge: <ul style="list-style-type: none"> 		

