

Year 8

Autumn Term		Spring Ter		Summer Term	
<p>Key knowledge: Motor Competence How to develop competence to perform effectively in a broad range of physical activities</p> <p>Components of Fitness Definitions Sporting Examples</p>		<p>Key knowledge: Motor Competence How to develop competence to perform effectively in a broad range of physical activities</p> <p>Principles of Training To include: SPOR Principle (Specificity, Progression, Overload and Reversibility) FITT principle (Frequency, Intensity, Time, Type)</p>		<p>Key Knowledge: Motor Competence How to develop competence to perform effectively in a broad range of physical activities</p> <p>Methods of Training To include: Continuous training Fartlek training Interval training Circuit training Plyometrics Weight/resistance training HIIT (High Intensity Interval Training)</p>	
<p>Pupils will be able to: Demonstrate a greater range of techniques and skills to perform effectively in a broad range of physical activities</p> <p>Know and define all of the components of fitness</p>	<p>Key Vocabulary: See separate PE Vocabulary document</p>	<p>Pupils will be able to: Demonstrate a greater range of techniques and skills to perform effectively in a broad range of physical activities</p> <p>Know and define all of the Principles of Training</p>	<p>Key Vocabulary: See separate PE Vocabulary document</p>	<p>Pupils will be able to: Demonstrate a greater range of techniques and skills to perform effectively in a broad range of physical activities</p> <p>now and define all of the Methods of Training</p>	<p>Key Vocabulary: See separate PE Vocabulary document</p>
<p>Assessment: In Year 8 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies & Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching & Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain.</p>		<p>Assessment: In Year 8 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies & Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching & Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain.</p>		<p>Assessment: In Year 8 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies & Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching & Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain.</p>	
<p>Enrichment Opportunities: See Autumn term Extra-curricular Timetable</p>		<p>Enrichment Opportunities: See Spring Term Extra-curricular Timetable</p>		<p>Enrichment Opportunities: See Summer term Extra-curricular Timetable</p>	