Bishop Heber High School

Subject	Year	Term
Physical Education	**8**	**1**

Topic

Outwitting An Opponent

Content (Intent)

Prior Learning (Topic) Development Of Basic Skills In Team/Individual Games

Practically

1- Outwitting an opponent
2- Developing Physical and Mental Capacity

Theoretically

1. Link the components of fitness and understand how they affect each other in different physical activities (Activity: All sports).

Future Learning (Topic) Developing Mental And Physical Capacity

What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)
Outwitting an opponent: Students will further develop the ability to outwit opponents and teams using strategies and tactics. Students will learn to combine and perform further developed skills consistently applying fluency and a greater accuracy and quality of technique. Continual development, adaptation and refinement of skills. Link to components of fitness and how they affect each sport. **Developing Physical and Mental Capacity** Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Students will be encouraged to evaluate games and how they outwit opponents and reasons for this. Use the sport to develop observation skills on peer performances, skills and techniques as well as observing the use of tactics. **Sports covered** Boys - football/rugby/hockey/basketball Girls – Netball/hockey/badminton/fitness	**Assessment** Continuous assessment through appreciation, interpretation, analysis, judgement and evaluation of performance and understanding.

How can parents help at home?

Research rules and regulations of the sports covered with their children.

Helpful further reading/discussion (including Reading and Vocabulary Lists)

Reading

Vocabulary Lists

Structure	Function
Vary	Require
Occur	