



Subject		Year		Term	
Physical Education		8		2	
Topic					
Developing Skills/Performance					
Content (Intent)					
Prior Learning (Topic)		Outwitting An Opponent			
<u>Practical</u>					
<ol style="list-style-type: none"> 1. Making Informed Choices About Healthy, Active Lifestyle 2. Developing Skills/Performance 					
<u>Theoretical</u>					
<ol style="list-style-type: none"> 1. Introduction to fitness testing. Advantages and disadvantages. Linked to skill/physical related components 					
Future Learning (Topic)		Evaluating And Improving Performance			
What Knowledge and Skills will be taught (Implementation)			How will your understanding be assessed & recorded (Impact)		
<p><u>Making Informed Choices About Healthy, Active Lifestyle</u> Highlight the possible health benefits gained from taking part in sporting activities and discuss the need to stay healthy and active. Suggest any clubs within the school timetable and promote community links. To understand the type of fitness players need to perform at a high level. Use of fitness testing to support understanding of SOW.</p> <p><u>Developing Skills/Performance</u> Students will further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. Skills will be developed through small sided games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p> <p>Sports covered Boys – football/rugby/fitness/badminton Girls – netball/hockey/handball/basketball</p>			<p>Assessment Continuous assessment through appreciation, interpretation, analysis, judgement and evaluation of performance and understanding.</p>		
How can parents help at home?					
Research rules and regulations of the sports covered with their children. Question students on fitness testing.					
Helpful further reading/discussion (including Reading and Vocabulary Lists)					
Reading			Vocabulary Lists		
			Estimate		Identify
			Method		Issue