



LONG TERM PLAN 2023/2024

YEAR GROUP: Year 8

SUBJECT: Physical Education

Week Start	Content Description	Assessment	Events
September			
3 rd	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is Mastery of skills focused on Javelin.	Peer/Group assessment Q and A Discussion Observational	10-14 th CEM Assessments (7,9 & 11) 14 th Target Grades Deadline (8,10, 12) 14 th Year 7 Picnic
10 th	Compete in a range of athletic activities, performing at maximum levels as well as evaluating others and own performance with strategies to improve performance. The key Guiding Principle here is Mastery of skills focused on Javelin.	AP 1 Assessment on Mastery of Javelin techniques	17-20 th CEM Assessments (7,9 & 11)
17 th	Compete in a range of athletic activities, performing at maximum levels. Students will have the opportunity to evaluate their peers on High Jump by Q and A as well as through group assessments. The key Guiding Principle here is Evaluation.	Peer/Group assessment Q and A Discussion Observational	
24 th	Compete in a range of athletic activities, performing at maximum levels. Students will have the opportunity to evaluate their peers on High Jump by Q and A as well as through group assessments. The key Guiding Principle here is Evaluation.	AP 2 Evaluation of Performance on athletics	27 th Prophet's Birthday
October			
1 st	Students will compete in a range of athletic activities, we will be more focused on Fitness components such as power, flexibility, speed agility etc. and how these components will help you to become a better athlete. The key guiding principle here is Evaluation on knowledge.	Peer/Group assessment Q and A Discussion Observational	5 th Armed Forces Day
8 th	Students will compete in a range of athletic activities, we will be more focused on Fitness components such as power, flexibility, speed agility etc. and how these components will help you to become a better athlete. The key guiding principle here is Evaluation on knowledge.	Peer/Group assessment Q and A Discussion Observational	8 th Target Grade Deadline (7,9,11) 10 th Careers Day

15 th	Students will be selected on their performance throughout the unit to compete in sports day. Students will also have the opportunity to practice for specific events to ensure they are ready to compete. The key guiding principle here is Fitness.	AP 3 Fitness Components test	
21 st	Half Term Break		
29 th	Net/wall Develop confidence in exploring new skills/techniques, while playing Badminton, Volleyball or Table Tennis. The key guiding principle here is Decision-making.	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	31 st Orange and Black Day
November			
5 th	Net/wall Develop confidence in exploring new skills/techniques, while playing Badminton, Volleyball or Table Tennis. The key guiding principle here is Decision-making.	Formative assessment Q and A Discussion Observational	
12 th	Students will have the opportunity to get a deeper understanding of mastery of skills and learn new strategies on the unit as well as implement new strategies that are learnt to improve their performance. The key guiding principle is Decision-making.	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
19 th	Students will have the opportunity to get a deeper understanding of mastery of skills and learn new strategies on the unit as well as implement new strategies that are learnt to improve their performance. The key guiding principle is Decision-making.	AP 4 Assessment on Decision Making	AP1 Written Comments Deadline
26 th	During the net and wall unit, students will start to understand the importance of fitness and how fitness affects your decision making. The key guiding principle is Fitness.	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
December			

3 rd	During the net and wall unit students will start to understand the importance of fitness and how fitness affects your decision making. Formative assessment, Q and A or a discussion, observational and peer/Group analysis. The key guiding principal is Fitness.	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	4 th First Day AP1 Exams
10 th	During the net and wall unit students will start to understand the importance of fitness and how fitness affects your decision making. The key guiding principal is Fitness.	AP 5 Assessment on Fitness during net and wall games	15 th Last Day AP1 Exams
17 th	Additional activities and sports.		
Winter Break			
January			
7 th	Effective performance through peer and self-evaluation (GPs Evaluation)	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	8 th First Day
14 th	Effective performance through peer and self-evaluation	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
21 st	Developing and applying expert techniques in health and fitness activities (GPs Mastery, fitness)	Summative	25 th National Holiday
28 th	Life saving		
February			
4 th	Life saving (GPs fitness, mastery)		
11 th	Life saving	Summative Video analysis	
18 th	Life saving	Video analysis	21-22ne Half Term
25 th	Effective performance through peer and self-evaluation	Formative assessment Q and A Discussion Observational	

		Peer/Group analysis Video analysis	
March (10 th Ramadan Starts)			
3 rd	Effective performance through peer and self-evaluation	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
10 th	Developing and applying expert techniques in athletic activities (GPs Mastery, Evaluation)	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
17 th	Developing and applying expert techniques in athletic activities	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
24 th	Developing and improving physical fitness through athletic activities (GPs fitness, mastery)	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
April			
31 st	Developing and improving physical fitness through athletic activities	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
7 th	Developing and improving physical fitness through athletic activities	Summative Video analysis	18-11 th Eid Holiday

14 th	Net/wall Develop confidence in exploring new skills/techniques (GPs mastery, evaluation)	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
21 st	Net/wall Develop confidence in exploring new skills/techniques (GPs mastery, evaluation)	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	25 th Spring Break
Spring Break			
May			
5 th	Net/wall Develop confidence in exploring new skills/techniques (GPs mastery, evaluation)	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	7 th Start of Term 2
12 th	Net/wall Develop confidence in exploring new skills/techniques	Summative Video analysis	
19 th	Striking/Fielding Explore a range of skills within striking/fielding activities (GPs Mastery, Decision making)	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
26 th	Striking/Fielding Explore a range of skills within striking/fielding activities (GPs Mastery, Decision Making)	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	
June			

2 nd	Striking/Fielding Explore a range of skills within striking/fielding activities	Summative Video analysis	6 th End of year assembly
9 th	18 th to 20 th Week Without Walls		12 th Last day for Students 13 th Last day for Teachers
End of Year			
<u>Additional Notes:</u>			