LONG TERM PLAN 2023/2024

ECYPT STREET

YEAR GROUP: Year 8

SUBJECT: Physical Education

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

15 th	Students will be selected on their	AP 3 Fitness	
15	performance throughout the unit to		
	compete in sports day. Students will also	Components test	
	have the opportunity to practice for		
	specific events to ensure they are ready to		
	compete. The key guiding principle here is		
21 st	Fitness.	l lf Term Break	
21 st			31 st Orange and Black
29	Net/wall Develop confidence in exploring	Formative	Day
	new skills/techniques, while playing	assessment	Day
	Badminton, Volleyball or Table Tennis. The	Q and A	
	key guiding principle here is Decision-	Discussion	
	making.	Observational	
		Peer/Group	
		analysis	
		Video analysis	
=1-	Novemb	T	
5 th	Net/wall Develop confidence in exploring	Formative	
	new skills/techniques, while playing	assessment	
	Badminton, Volleyball or Table Tennis. The	Q and A	
	key guiding principle here is Decision-	Discussion	
	making.	Observational	
th			
12 th	Students will have the opportunity to get a	Formative	
	deeper understanding of mastery of skills	assessment	
	and learn new strategies on the unit as	Q and A	
	well as implement new strategies that are	Discussion	
	leant to improve their performance. The	Observational	
	key guiding principal is Decision-making.	Peer/Group	
		analysis	
41-		Video analysis	
19 th	Students will have the opportunity to get a	AP 4 Assessment	AP1 Written
	deeper understanding of mastery of skills	on Decision	Comments Deadline
	and learn new strategies on the unit as	Making	
	well as implement new strategies that are		
	leant to improve their performance. The		
	key guiding principal is Decision-making.		
26 th	During the net and wall unit, students will	Formative	
	start to understand the importance of	assessment	
	fitness and how fitness affects your	Q and A	
	decision making. The key guiding principal	Discussion	
	is Fitness.	Observational	
		Peer/Group	
		analysis	
		Video analysis	
	Decemb	per	

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

		l Door/Craus	
		Peer/Group	
		analysis	
	Manual (4 oth 5	Video analysis	
ard -ss	March (10 th Rama	•	
	ive performance through peer and	Formative	
self-ev	valuation	assessment	
		Q and A	
		Discussion	
		Observational	
		Peer/Group	
		analysis	
		Video analysis	
	oping and applying expert	Formative	
	iques in athletic activities (GPs	assessment	
Maste	ery, Evaluation)	Q and A	
		Discussion	
		Observational	
		Peer/Group	
		analysis	
		Video analysis	
	oping and applying expert	Formative	
techni	iques in athletic activities	assessment	
		Q and A	
		Discussion	
		Observational	
		Peer/Group	
		analysis	
		Video analysis	
	oping and improving physical fitness	Formative	
1	gh athletic activities (GPs fitness,	assessment	
maste	ery)	Q and A	
		Discussion	
		Observational	
		Peer/Group	
		analysis	
		Video analysis	
	April		
	oping and improving physical fitness	Formative	
throug	gh athletic activities	assessment	
		Q and A	
		Discussion	
		Observational	
		Peer/Group	
		analysis	
		Video analysis	
	oping and improving physical fitness	Summative	18-11 th Eid Holiday
throug	gh athletic activities	Video analysis	

14 th	Net/wall Develop confidence in exploring new skills/techniques (GPs mastery, evaluation) Net/wall Develop confidence in exploring	Formative assessment Q and A Discussion Observational Peer/Group analysis Video analysis	25 th Spring Break	
	new skills/techniques (GPs mastery, evaluation)	assessment Q and A Discussion Observational Peer/Group analysis Video analysis	25 Spring Break	
	Spring Bre			
.1	Ma	, 	L decision of	
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			

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