

Online Continuity Curriculum

Year 8 – CORE PE

Week Beginning	Lesson Title	Lesson Objective	Online Lesson Link	Any additional instructions? You must answer all of these questions in full sentences in your workbooks in addition to the 'Deliberate Practice' tasks on the slides
1	Basketball: Passing and moving	To know how to use chest, bounce and overhead passes accurately.	Lesson 1- Passing.pptx	1. Watch the clip-on passing. 2. Answer the four questions 3. Write down five keywords on dribbling 4. If you are able. Complete the 'you are the player' task 5. Complete the 'you are the coach' task 6. Complete the 'you are the teacher' task by completing the lesson plan
2	Basketball: Dribbling and Pivoting	To know the correct technique for dribbling and pivoting.	Lesson 2 - Dribbling and Pivot TBC.pptx	1. Read the coaching points. 2. Answer the four questions 3. Write down five keywords on dribbling 4. If you are able. Complete the 'you are the player' task

				<p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
3	Basketball: Set shot and Layups	To know the BEEF technique	Lesson 3 Set shots and Layups TBC.pptx	<p>1. Read the coaching points.</p> <p>2. Answer the three questions</p> <p>3. Write down five keywords on shooting.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
4	Basketball: Defensive tactics Man to man	To know how to complete a lay up	Lesson 4 Defensive Tactics Man to man and Zone TBC.pptx	<p>1. Read the coaching points.</p> <p>2. Answer the four questions</p> <p>3. Write down five keywords on layups.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>

1	Fitness: Fitness testing	<p>To know how to complete the three tests consistently.</p> <p>To know which components of health-related fitness each test measures.</p>	Lesson 1 - Fitness Testing TBC.pptx	<p>1. Complete the research assignment.</p> <p>2. Answer the four questions</p> <p>3. Write down five keywords on fitness testing</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
2	Fitness: Continuous v Interval v Fartlek	<p>To know how to train using continuous, fartlek and interval training methods.</p> <p>To understand how to carry out a continuous, fartlek and interval training session.</p>	Lesson 2 - Continuous v Fartlek v Interval TBC.pptx	<p>1. Watch the clip-on The Movement System</p> <p>2. Answer the four questions</p> <p>3. Write down five keywords on dribbling</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
3	Fitness: Muscular Endurance v Muscular Strength	<p>To know how to plan a circuit</p> <p>To be able to carry out a circuit training session</p>	Lesson 3 Circuit v Muscular Endurance v Muscular Strength	<p>1. Watch the clip-on HIIT workouts</p> <p>2. Answer the four questions</p>

				<p>3. Write down five keywords on dribbling</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
4	Fitness: Components of Fitness	<p>To know what each macronutrient does</p> <p>To know and identify basic structures of the body including muscles.</p>	<p>Lesson 4 Components of Fitness</p> <p>Refocus room: Year 8 - Components of Fitness Lesson.pptx</p> <p>Refocus room test: Y8 Comp of Fitness.docx</p>	<p>In refocus room:</p> <ol style="list-style-type: none"> 1. Review Body and diet slides provided. 2. When finished return laptop and complete body quiz within 10 minutes. Notes are not allowed to be used. <p>Not in refocus room:</p> <ol style="list-style-type: none"> 1. What the two clips on body and diet 2. Write down five keywords on diet 3. If you are able. Complete the 'you are the player' task 4. Complete the 'you are the coach' task 5. Complete the 'you are the teacher' task by

				completing the lesson plan
OCTOBER HALF TERM				
1	Table Tennis: Backhand push topspin and backspin	<p>To be able to play backhand push shot.</p> <p>To know and be able to play the backhand topspin shot.</p> <p>To know and be able to play backhand backspin shot</p>	<u>Table Tennis - Lesson 1 backhand topspin.pptx</u>	<p>1. Watch the clip the backhand.</p> <p>2. Answer the five questions</p> <p>3. Write down five keywords on the backhand push shot</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
2	Table Tennis: Forehand push topspin and backspin	<p>To know to play forehand push shot.</p> <p>To be able to play forehand topspin shot</p> <p>To be able to play forehand backspin shot.</p>	<u>Table Tennis - Lesson 2 forehand topspin.pptx</u>	<p>1. Watch the clip the forehand.</p> <p>2. Answer the five questions</p> <p>3. Write down five keywords on forehand push shot</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
3	Table Tennis: Serving	To know how and why to serve using topspin and backspin forehand and backspin.	<u>Table Tennis - Lesson 3 Serving.pptx</u>	<p>1. Watch the clip serving.</p> <p>2. Answer the six questions</p>

		<p>To be able to serve using topspin and backspin forehand and backspin.</p> <p>To be able to play a forehand side spin serve</p>		<p>3. Write down five keywords on serving.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
4	Table Tennis: Singles and Doubles Gameplay and tactics	<p>Singles: To know how move opponent around table.</p> <p>To be able to use push and topspin shots to move opponent forwards and backwards.</p> <p>Doubles: To know how move opponents around table.</p>	Table Tennis - Lesson 4 Singles tactics.pptx	<p>1. Watch the clip singles tactics.</p> <p>2. Answer the four questions</p> <p>3. Write down five keywords on singles tactics.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
1	Netball: Passing and footwork	<p>Passing To know how to use chest, bounce and overhead passes accurately.</p> <p>Footwork To know the footwork rule and technique.</p>	Netball - Lesson 1 Passing and Footwork.pptx	<p>1. Watch the clip-on passing and footwork.</p> <p>2. Answer the three questions</p> <p>3. Write down five keywords on passing and footwork.</p> <p>4. If you are able. Complete the 'you are the player' task</p>

				<p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
2	Netball: Positioning and shooting	<p>Positioning To know the positions for Netball</p> <p>Shooting To know how to shoot in Netball</p>	Netball - Lesson 2 Positioning and shooting.pptx	<p>1. Watch the clip-on positioning and shooting.</p> <p>2. Answer the five questions</p> <p>3. Write down five keywords on positioning and shooting.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
3	Netball: Creating space	<p>To know and be able to receive a pass on the move.</p> <p>To be able to feint and dodge to create space</p>	Netball - Lesson 3 creating space.pptx	<p>1. Watch the clip-on creating space.</p> <p>2. Answer the three questions</p> <p>3. Write down five keywords on creating space.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>

MID YEAR ASSESSMENT				
4	Netball: Defending and marking	<p>To know how to man mark when defending</p> <p>To be able to man mark when defending</p>	Lesson 4 - Defending and Marking TBC.pptx	<p>1. Read the coaching points.</p> <p>2. Answer the three questions</p> <p>3. Write down five keywords on defending and marking.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
1	Gymnastics:			
2	Gymnastics			
3	Gymnastics			
4	Gymnastics			
1	Football: Dribbling and turning	<p>To identify at least two teaching points of correct technique for dribbling a football.</p> <p>To know how to dribble effectively in football</p> <p>To know a variety of turning techniques in football</p>	Lesson 1 Dribbling and turning.pptx	<p>1. Watch the clip-on dribbling.</p> <p>2. Answer the three questions</p> <p>3. Write down five keywords on dribbling</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p>

				6. Complete the 'you are the teacher' task by completing the lesson plan
2	Football: Passing and receiving	<p>To know how to use the passing technique accurately in football.</p> <p>To be able to use the passing technique consistently.</p>	Lesson 2 Passing and receiving.pptx	<p>1. Watch the clip-on passing.</p> <p>2. Answer the four questions</p> <p>3. Write down five keywords on passing and receiving</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
3	Football: Shooting	<p>To know how the correct technique for shooting in football.</p> <p>To be able to consistently use the correct shooting technique.</p>	Lesson 3 Shooting.pptx	<p>1. Watch the clip-on shooting.</p> <p>2. Answer the four questions</p> <p>3. Write down five keywords on shooting.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
4	Football: Defending, attacking and tackling	To know the correct technique for defending in football.	Lesson 4 Defending, attacking and tackling.pptx	1. Watch the clip-on possession and attacking.

		To identify decisions that need to be made in attack.		<p>2. Answer the three questions</p> <p>3. Write down five keywords on defending and tackling.</p> <p>4. If you are able. Complete the 'you are the player' task</p> <p>5. Complete the 'you are the coach' task</p> <p>6. Complete the 'you are the teacher' task by completing the lesson plan</p>
EASTER HOLIDAYS				
MAY HALF TERM				
END OF YEAR ASSESSMENTS				
