

Year 8 Physical Education (PE) – Spring Term 2 – Knowledge Overview

| Week Commencing 22.2.21 to 22.03.21 | | | | | | |
|-------------------------------------|-----------------|---|--|--|---|---|
| Lesson focus | Week Commencing | Pupils should be able to: | | Wellbeing Focus | Online learning resources | Offline Learning resources |
| | | PE Lesson 1 | Lesson 2 | | | |
| Basketball | 22/2/21 | Investigate the best way to bounce a ball around the body, explore different directions of bouncing. Develop a game to improve accuracy of moving the ball hand to hand. | Describe your game created in lesson 1 to a friend and check their understanding of your game. Research when basketball was introduced into the Olympic games? | Explore strategies for improving mood. | Check on Microsoft Teams for resources prepared by your PE teacher. | Read through and complete PE lesson 1 & 2 of the work pack. |
| Dance | 1/3/21 | Explore street dance and create a wave with different parts of your body, advance your moves and experiment with popping and locking movements. Create 30 seconds of dance focusing on the movements above, research the music that fits with your beat. | Research a break-dancer and create a factsheet with 5 facts about him and his style of dancing. Research and show understanding of street dance. | Explore strategies for developing a positive body image. | Check on Microsoft Teams for resources prepared by your PE teacher. | Read through and complete PE lesson 1 & 2 of the work pack. |
| Football: | 8/3/21 | Explore movement in football applying your knowledge and understanding of moving away from an opponent. Investigate techniques used to make turns in football. | Develop your turning technique applying time and a defender. Implement your Maradona turn into your practice. Research charitable organisations that footballers promote. | Explore strategies for eating healthily. | Check on Microsoft Teams for resources prepared by your PE teacher. | Read through and complete PE lesson 1 & 2 of the work pack. |
| OAA | 15/3/21 | Research and explore symbols and signs used on an ordnance survey map. Develop your knowledge and understanding by creating a game to help familiarise map symbols. | Develop your activity by creating your own map of your local area, use symbols and directions to show understanding. Research where and how other symbols are used. | Explore strategies for the importance of staying hydrated. | Check on Microsoft Teams for resources prepared by your PE teacher. | Read through and complete PE lesson 1 & 2 of the work pack. |
| Gymnastics | 22/3/21 | Explore and practice a variety of balances and shapes. Define and show understanding of the key terms of gymnastics. | Investigate and perform your balances in a sequence identifying strengths and areas to improve each balance. Create a muscle fact file identifying their main muscles used in gymnastics. | Explore strategies for the importance of Personal Hygiene. | Check on Microsoft Teams for resources prepared by your PE teacher. | Read through and complete PE lesson 1 & 2 of the work pack. |

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