

Year 8 PE mid-term plan – 3 lessons per fortnight (75 minutes per lesson)						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Warming-up	Musculoskeletal system	Effects of exercise	Health & Fitness/ Skill classification	Nutrition/ Methods of training	Principles of training/ Training thresholds
Assessment	Baseline (Week 1&2)/ Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 10)		Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 20 & 30)		Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 38)	
key knowledge	How do we warm-up? 3 stages of a warm-up Long-term effects of exercise		How does exercise impact someone – Positive and negative effects/ Short and long-term effects? How do we classify skill to develop an individual’s performance?		Foods we should eat for different activities Eatwell Guide Methods or training in different sports Components of fitness related to sports Principles of training Aerobic & Anaerobic training thresholds	
Big Ideas	Leadership/ Health and Fitness		Health and Fitness/ Tactics/ Leadership		Health & Fitness/ Leadership/ Tactics/ Fair Play/ Sportsman Ship	
Key Vocabulary	Stretches/Hamstrings/Quadriceps/Heart rate/Social, emotional, physical, psychological effects of exercise/ Skeletal system – bones, joints and movement/ Health related impacts of exercise		Social, Emotional, Physical & psychological effects of exercise/ Open & closed skills/ Simple & complex skills/ Fine & gross motor skills/ Continuous training/Fartlek training/Interval training/Speed/power/reaction time		Eatwell Guide/Nutritional benefits/Digestion/Carbohydrates/Fats/ Protein/ Specificity/ Frequency/ Progressive overload/ Intensity/ Over training/ Time/ Aerobic & Anaerobic thresholds	
Memory retrieval	Positive effects of exercise on the body/ How we warm-up correctly/ How to calculate heart & pulse rate and its importance/ Muscles/ Food and nutrition/ Importance of Aerobic & Anaerobic target zones/ How principles of training enhance performance					
Knowledge Mastery	<u>Theorist/ Tactician</u> Analysis and Creativity/ Knowledge and understanding					
Practical Mastery	<u>Athlete/Coach/ Leader</u> Application of skill/ Feedback and Development/ Confidence and management					
Disciplinary Literacy	Critical thinking/ problem solving/ Communication/ Use of specific sport related language/ performance analysis/ tactical awareness/ Leadership – verbal and non-verbal					