

Year 8 Autumn Term 1

What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
<p>1. Understand the phases of a warm up and recall the components of fitness</p>	<p>1. Components of fitness recall (Agility, Cardiovascular fitness, Balance, power, speed, muscular endurance, coordination, reaction time)</p> <ul style="list-style-type: none"> • Phases of a warm up; Pulse raiser, Stretching, sport specific. • Why do we warm up before physical activity? 	<p>Students should be able to apply the fitness test to the component of fitness.</p> <p>Explain reasons why we warm up before physical activity?</p>	
<p>2. Apply the rules and regulations of several invasion games</p>	<p>2. Rules and regulations of netball/Rugby/Football (Invasion sports)</p> <ul style="list-style-type: none"> • Understanding of basic rules • Understanding of court/pitch dimensions • Understand different positions within the sport • Practically apply tactics and strategies in isolation and full context 	<p>Example 1: FOOTBALL: Can you explain a corner and when it would happen in a game?</p> <p>Example 2: FOOTBALL Can you explain the rules when taking a throw on?</p>	<p>https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/1</p>
<p>3. Recall the muscles in the human body</p>	<p>3. Understand and recall the major muscles in the human body</p> <ul style="list-style-type: none"> • Upper body muscles • Lower body • Scientific terms e.g.: Do not use Calf muscle but Gastrocnemius 	<p>Example 3: Can you spell the major muscles? Trapezius Gastrocnemius Abdominals Quadriceps Hamstring</p>	