

Year 8 Autumn Term 2

What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
<p>1. Understanding what cross country running is</p>	<p>Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass.</p>		<p>https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/1</p>
<p>2. Know and understand what distance is classified at long distance running</p>	<p>The course, typically 4–12 kilometres (2.5–7.5 mi) long, may include surfaces of grass, and earth, pass through woodlands and open country, and include hills, flat ground and sometimes gravel road. It is both an individual and a team sport; runners are judged on individual times and teams by a points-scoring method.</p> <p>The prescribed IAAF distance in international races for men is approximately 12,000 metres (7.5 miles) and for women 4,000 metres (2.5 miles).</p> <p>START: All runners start at the same time, from a starting arc (or line) marked with lines or boxes for each team or individual.</p>	<p>Example 1: How do cross country events start?</p>	<p>https://www.instructables.com/id/How-to-Run-Cross-Country/</p>
<p>3. Understand health and safety when performing physical activity</p>	<p>Health and safety when participating in physical activity</p> <ul style="list-style-type: none"> • What are the 3 phases of a warm up? • Why do we do a cool down after physical activity? 	<p>What was the first cross country competition called?</p>	
		<p>Example 2: Is a half marathon classified at cross country running?</p>	
		<p>Example 3: What acid do we need to release when we cool down?</p>	
		<p>L_____ ACID</p>	

Curriculum Overview: Physical Education

