

Subject/Dept - SOW Long term plans by Year group

Physical Education – Y8

½ Terms	Year group	Topic	Skills taught plus links to spiritual, moral, social and cultural development
Autumn 1st ½ Term	Y8	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y8	Accurate replication – students must demonstrate their ability to accurately replicate movements through trampolining.	Movement skills. Analysis. Creativity. Spiritual: Using imagination and creativity in learning.
Autumn 2nd ½ Term	Y8	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y8	Creativity and expression - students must	Movement skills.

		demonstrate their ability to be creativity and express a concept through dance.	Analysis. Creativity. Spiritual: Using imagination and creativity in learning.
Spring 1st ½ Term	Y8	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
	Y8	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.
Spring 2nd ½ Term	Y8	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship. Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions. Social: Developing personal qualities and using social skills.

			Social: Participating, cooperating and resolving conflicts.
	Y8	Fitness and healthy lifestyles – students must demonstrate their knowledge of an active healthy lifestyle, and improve their own fitness levels.	<p>Fitness techniques, including use of the gym. Circuit training. Exercise physiology.</p> <p>Moral: Developing and expressing personal views or values.</p> <p>Moral: Investigating moral values and ethical issues.</p> <p>Spiritual: Developing personal values and beliefs.</p>
Summer 1st ½ Term	Y8	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	<p>Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship.</p> <p>Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions.</p> <p>Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.</p>
	Y8	Performing to maximum levels – students must demonstrate their ability to perform to their maximum capacity through athletic events.	<p>Athletic ability.</p> <p>Social: Developing personal qualities and using social skills.</p>
Summer 2nd ½ Term	Y8	Outwitting Opponents – students must demonstrate their ability to outwit an opponent through a variety of individual and team sports.	<p>Tactical awareness. Game skills. Teamwork. Fair play. Sportsmanship.</p> <p>Moral: Recognising right and wrong and applying it. Moral: Understanding the consequence of actions.</p> <p>Social: Developing personal qualities and using social skills. Social: Participating, cooperating and resolving conflicts.</p>

	Y8	<p>Leadership – students must develop their ability to act as a leader, organising sports games and helping others to improve.</p> <p>World of Work: this unit will enable you to develop your leadership skills, which are essential for the world of work.</p>	<p>Leadership. Coaching. Communication.</p> <p>Cultural: Exploring, understanding and respecting diversity.</p> <p>Moral: Developing personal qualities and using social skills.</p> <p>Social: Developing personal qualities and using social skills.</p> <p>Spiritual: Understanding human feelings and emotions.</p>
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