

Core P.E. Year 8			
Learning Intentions Summer Term 1		2024-2025	
	8CR 1 & 4	8CR 2 & 3	8CR 6 & 5
	Fitness/Track	Fitness/track	Fitness/Track
Week 28 w/c 21 <sup>st</sup> April	12min Cooper Run  Baseline fitness test to measure all students basic level of cardiovascular Fitness  Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run  Baseline fitness test to measure all students basic level of cardiovascular Fitness  Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run  Baseline fitness test to measure all students basic level of cardiovascular Fitness  Score to be recorded and Repeated at the end of the 4 week Block.
	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training
Week 29 w/c 28 <sup>th</sup> April	Australian Relays  X4 teams working together to try and catch the other teams.  Interval Training	Australian Relays  X4 teams working together to try and catch the other teams.  Interval Training	Australian Relays  X4 teams working together to try and catch the other teams.  Interval Training
	Football skills & Cardiovascular training.  Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardiovascular training.  Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardiovascular training.  Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.
Week 30 w/c 5 <sup>th</sup> May	Basketball Drills & cardiovascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Drills & cardiovascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Drills & cardiovascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.
	Rugby Fitness drills  Ball handling Relays	Rugby Fitness drills  Ball handling Relays	Rugby Fitness drills  Ball handling Relays

	Circle drills Passing and moving down the line	Circle drills Passing and moving down the line	Circle drills Passing and moving down the line
	OAA	OAA	OAA
Week 31 w/c 12 <sup>th</sup> May	Outdoor Tag/relay game One team in a square with tags on (TAG team), One team lined up along one edge of the square(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back of the queue. This repeats until all the Tags are out. Chasers need to strategize how to beat their time and get all the tag team out.	Indoor: Hoola hoop games working as a team to beat the others: how to react faster, which square is best to go to first, order of play. Noughts & Crosses Rock Paper Scissors	Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills, importance of keeping instructions simple.
	Indoor: Hoola hoop games working as a team to beat the others: how to react faster, which square is best to go to first, order of play. Noughts & Crosses Rock Paper Scissors	Outdoor Tag/relay game One team in a square with tags on (TAG team), One team lined up along one edge of the square(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back of the queue. This repeats until all the Tags are out. Chasers need to strategize how to beat their time and get all the tag team out.	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.
Week 32 w/c 19 <sup>th</sup> May	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.	Indoor: Hoola hoop games working as a team to beat the others: how to react faster, which square is best to go to first, order of play. Noughts & Crosses Rock Paper Scissors
	Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills, importance of keeping instructions simple.	Indoor/back of sports hall: River crossing: Using a bench/mat/ hoola hoop. Students work as a team to get across the sports hall. If they touch the floor they must start again	Outdoor Tag/relay game One team in a square with tags on (TAG team), One team lined up along one edge of the square(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back of the queue. This repeats until all the Tags are out. Chasers need to strategize how to beat their time and get all the tag team out.

