

Subject	Year 8 Threshold Knowledge – Autumn/Spring/Summer term	How to support students' learning
PE	<p>Autumn Term</p> <p>Athletics -</p> <ol style="list-style-type: none"> 1. Demonstrate progress towards their personal bests when performing. 2. Use the correct starting grip and technique for at least one throwing event. 3. Use pacing during a longer distance event. 4. Understand and attempt to use the correct technique when performing a sprint start (either standing or crouch). 5. Understand the correct running technique to achieve maximum speed for a sprint event. 6. Understand how to generate maximum height or distance in a jump event to enable them to achieve their best performance. 7. Demonstrate how to prepare the body effectively for a variety of activities through an independent warm-up. <p>Badminton -</p> <ol style="list-style-type: none"> 8. Grip racket correctly. 9. Demonstrate correct footwork. 10. Play clears to at least back half of the court. 11. Play drop shots to clear the net and land before service line. 12. Play at least one type of net shot. 13. Show planned shot variation within their game play. <p>Couch 2 5K -</p> <ol style="list-style-type: none"> 14. Understand and explain the energy system being used when jogging. 15. Understand and attempt to demonstrate pacing in training. 16. Explain how running will help to maintain a health and active lifestyle. 17. Understand and explain two long term effects of exercise. 	<p>Athletics:</p> <ul style="list-style-type: none"> • Join a local athletics club (Tamworth/Nuneaton) to develop your technique. • Encourage your child to attend the school club for extra practice. • Discuss the requirements for different events with your child and encourage them to record and improve their personal bests. • Watch athletics events live on TV or on YouTube. Watch world records and coaching videos for individual events. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Badminton:</p> <p>Book a court at Polesworth sports centre to play. Encourage your child to attend the school club for practice.</p> <p>Watch badminton matches/skills on YouTube/TV (e.g. https://www.badmintonskills.net/badminton-skills-and-techniques/)</p> <p>Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</p> <p>Couch 2 5K:</p> <p>Go for a run as a family. Download free Apps to track their runs (Strava, Couch 2 to 5K NHS). Join local running club/park runs/athletics club (Tamworth/Nuneaton) https://www.parkrun.org.uk/</p> <p>Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</p>

	<p>18. Perform training safely with some independence.</p> <p>19. Understand and explain three short term effects of exercise.</p> <p>Dance -</p> <p>20. Independently reproduce and demonstrate movements/exercises.</p> <p>21. Have an understanding of Capoeira as a dance style.</p> <p>22. Understand and use specific terminology in dance in specific - capoeira and choreography.</p> <p>23. Correct use of timing is evident in performance and choreography.</p> <p>24. Contribute to sequences and communicate choreography ideas positively within a group.</p> <p>25. Recall and perform a set dance warm up independently.</p> <p>26. Understand and use a variety of simple choreographic devices in their choreography project most appropriate to dance style.</p> <p>27. Use performance skills in front of other students, demonstrating sound movement memory of a choreography project.</p> <p>Football -</p> <p>28. Use at least two different parts of the foot, on both feet, to manipulate the ball.</p> <p>29. Use at least one part of the foot to pass the ball accurately over at least a 10m distance.</p> <p>30. Control the ball using their back foot to open up body.</p> <p>31. Change direction and move with the ball with some control and speed.</p> <p>32. Attempt to select the correct option to pass or move with the ball in modified and conditioned game.</p> <p>33. Use movement to lose a defender and move into space to receive the ball.</p>	<p>Dance:</p> <p>Watch professional street/hip-hop companies on YouTube (e.g., boy blue entertainment, Zonation and annual 'breakin convention').</p> <p>Encourage your child to attend the school club and annual dance shows for extra practise and confidence.</p> <p>To aid with movement memory and confidence, challenge students to either perform or teach others key moves, warm up and dance phrase.</p> <p>Ask your child about "ME in PE" and discuss the characteristics they have developed in PE.</p> <p>Football:</p> <p>Practice ball familiarisation skills used in lessons to develop confidence with both feet.</p> <p>https://www.youtube.com/watch?v=q1B4is3faOM</p> <p>Encourage your child to attend the school football club to development skills and confidence.</p> <p>Explore getting your child involved in local youth football. Visit the FA website club finder to find accredited organisations.</p> <p>https://www.thefa.com/get-involved.</p> <p>Ask your child about "ME in PE" and discuss the characteristics they have developed in PE.</p>
--	---	--

	<p>34. Understand and demonstrate how to defend using the correct body position in a 1 v 1 situation.</p> <p>35. Demonstrate good etiquette, sportsmanship and respect.</p> <p>36. Warm up and cool down safely.</p> <p>Handball -</p> <p>37. Recall and use more than one type of pass accurately - Over arm pass, bounce pass, flick pass and under arm pass.</p> <p>38. Attempt to receive the ball over increasing distances under limited pressure.</p> <p>39. Use passing and movement to keep possession of the ball and create opportunities in attack under pressure.</p> <p>40. Create space to shoot with accuracy.</p> <p>41. Understand how to work together as a team to defend.</p> <p>42. Use multiple skills to create space to shoot in game situations.</p> <p>HRF -</p> <p>43. Execute basic training session in at least 2 types of training.</p> <p>44. Plan a more detailed training session.</p> <p>45. Record HR accurately.</p> <p>46. Maintain intensity required for training session.</p> <p>47. Give a basic explanation of the difference between aerobic and anaerobic training zones.</p>	<p>Handball:</p> <ul style="list-style-type: none"> • Get involved in any sport that you need to dodge, run, catch, and throw. • Watch Handball matches on TV or YouTube matches/skills – e.g., Olympic and World Championships. • Join the Handball club in school. • Contact your local handball club (Loughborough/Coventry/ Birmingham). • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>HRF – Practical:</p> <ul style="list-style-type: none"> • Ask your child to lead a warm-up with the family. • Discuss different sports and what is needed to participate in that sport. • Encourage them to develop their fitness and have a go at a type of training at home. • Identify 1 exercise and add 1 more repetition each day for a month. For example, 1st January do 5 sit-ups and by the end of January do 36. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>HRF – Theory:</p> <ul style="list-style-type: none"> • Discuss different sports and what is needed to participate in that sport. • Discuss the difference between aerobic and anaerobic zones as a family. • Ask your child to plan a session as a family to do.
--	--	---

	<p>Netball -</p> <ol style="list-style-type: none"> 48. Select and perform footwork and passing variations within their game play under increasing pressure. 49. Use dodging and change of direction to move into space to support team-mates. 50. Apply pressure to the opposition through marking/defending and use of body to channel/limit options. 51. Observe the rules of footwork, obstruction, contact and offside and the rules of centre pass with awareness of some further rules including 3 second rule / replay / repossession / short pass. 52. Use correct shooting technique with some success in practice and small game situations. 53. Contribute to attacking or defensive play, working effectively in a team to select and apply tactics. <p>Problem Solving -</p> <ol style="list-style-type: none"> 54. Successfully complete the tasks set as part of their group. 55. Contribute towards more challenging tasks verbally and physically. 56. Provide feedback on the completion of tasks. 57. Lead a small group in more challenging tasks. 58. Show resilience in more challenging tasks. 59. Show empathy for others. <p>Rounders -</p> <ol style="list-style-type: none"> 60. Use a range of bowling techniques with some accuracy and consistency to challenge the opposition. 61. Move into position to use a long barrier technique. 	<ul style="list-style-type: none"> • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Netball:</p> <ul style="list-style-type: none"> • Practice throwing and catching/target-based skills (e.g., catch or chalk target on a wall) and foot coordination skills (e.g., skipping or hopscotch) at home. • Encourage your child to attend the school club for practice. • Research local netball clubs/teams to join. • https://www.englandnetball.co.uk/play-netball/find-a-session-or-club/ • Watch netball drills on-line https://www.youtube.com/watch?v=8WxpyyUwQIQ https://www.youtube.com/watch?v=sGPHv-hkBV8 or watch parts of matches on YouTube/TV. • https://www.youtube.com/watch?v=H25dND9cJuQ • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>OAA - Problem Solving:</p> <ul style="list-style-type: none"> • Ask them do explain what they have been doing in lessons. • Discuss what skills they have used during lessons. • Ask them to explain, demonstrate and lead some activities they have done in lessons with family/friends. • Look at local Scout/Brownie/Cadet groups. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Rounders:</p> <ul style="list-style-type: none"> • Practice throwing and catching/target-based skills (e.g., catch or chalk target on a wall) and running skills at home (e.g., forwards/backwards relays/ball collect).
--	---	--

	<p>62. Demonstrate the correct technique for batting and modify to change batting direction.</p> <p>63. Use overarm throw with some accuracy from backstop to 1st post / 2nd post and from 2nd post to 4th post.</p> <p>64. Understand the relevance of the pitch lines.</p> <p>65. Explain a wide range of rules relating bowling, batting and fielding.</p> <p>Rugby -</p> <p>66. Recall how to catch ball at pace.</p> <p>67. Passing accurately over variety of distances.</p> <p>68. Demonstrate at least one way to support a teammate in a conditioned game.</p> <p>69. How to retain the ball in contact.</p> <p>70. Understand how to evade an opponent.</p> <p>71. Recall tackling technique and use it in a conditioned game.</p> <p>72. Present a ball in a ruck consistently.</p> <p>73. Demonstrate techniques of entering a ruck.</p> <p>74. Make effective decisions in game situation.</p> <p>Volleyball -</p> <p>75. Play a dig from a feed.</p> <p>76. Alternate between a volley and a dig (body position).</p> <p>77. Get into position to play a dig from an imperfect feed.</p> <p>78. Contact the ball in the correct position for a spike.</p> <p>79. Demonstrate the jump required to play shot #3.</p> <p>80. Time the block correctly.</p> <p>81. Play the dink shot.</p>	<ul style="list-style-type: none"> • Encourage your child to attend the school club for practice. • Find local rounders clubs/teams to join https://www.roundersengland.co.uk/play/. • Watch rounders drills on-line. https://www.youtube.com/watch?v=kWCNpOJ9vXA • https://www.youtube.com/watch?v=smTBrE52Fag. • Watch parts of matches on YouTube https://www.youtube.com/watch?v=EGcimxQM0v0. • Encourage them to talk about health and fitness and what makes a person healthy. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Rugby:</p> <ul style="list-style-type: none"> • Contact your nearest rugby club (Tamworth, Atherstone, Nuneaton, Market Bosworth). • Encourage your child to attend the school rugby club or practice. • Get involved in any games that involve dodging, running, throwing, and catching. • Watch a rugby game on TV or live/skills on YouTube. • Ask your child about “ME in PE” and discuss the characteristics they have developed in PE. <p>Volleyball:</p> <ul style="list-style-type: none"> • Encourage your child to attend the school club for practice. • Watch volleyball matches/skills online. The following are good to use: https://www.youtube.com/c/Volleyball1on1Videos • https://www.youtube.com/watch?v=Foj6A4WWgCg • Join a volleyball club – both Tamworth Spartans and Nuneaton Volleyball Club are recommended and have links with the school.
--	---	--

		<ul style="list-style-type: none">• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.
--	--	--