

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

	<p><b>Couch 2 5K -</b></p> <ol style="list-style-type: none"> <li>14. Understand and explain the energy system being used when jogging.</li> <li>15. Understand and attempt to demonstrate pacing in training.</li> <li>16. Explain how running will help to maintain a healthy and active lifestyle.</li> <li>17. Understand and explain two long term effects of exercise.</li> <li>18. Perform training safely with some independence.</li> <li>19. Understand and explain three short term effects of exercise.</li> </ol> <p><b>Dance -</b></p> <ol style="list-style-type: none"> <li>20. Independently reproduce and demonstrate movements/exercises.</li> <li>21. Have an understanding of Capoeira as a dance style.</li> <li>22. Understand and use specific terminology in dance in specific - capoeira and choreography.</li> <li>23. Correct use of timing is evident in performance and choreography.</li> <li>24. Contribute to sequences and communicate choreography ideas positively within a group.</li> <li>25. Recall and perform a set dance warm up independently.</li> <li>26. Understand and use a variety of simple choreographic devices in their choreography project most appropriate to dance style.</li> <li>27. Use performance skills in front of other students, demonstrating sound movement memory of a choreography project.</li> </ol> <p><b>Football -</b></p> <ol style="list-style-type: none"> <li>28. Use at least two different parts of the foot, on both feet, to manipulate the ball.</li> <li>29. Use at least one part of the foot to pass the ball accurately over at least a 10m distance.</li> <li>30. Control the ball using their back foot to open up the body.</li> <li>31. Change direction and move with the ball with some control and speed.</li> </ol>	<ul style="list-style-type: none"> <li>• Download free Apps to track their runs (Strava, Couch 2 to 5K NHS).</li> <li>• Join local running club/park runs/athletics club (Tamworth/Nuneaton)</li> <li>• <a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a></li> <li>• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> <li>• Watch professional street/hip-hop companies on YouTube (e.g., boy blue entertainment, Zonation and annual ‘breakin convention’).</li> <li>• Encourage your child to attend the school club and annual dance shows for extra practise and confidence.</li> <li>• To aid with movement memory and confidence, challenge students to either perform or teach others key moves, warm up and dance phrase.</li> <li>• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> <li>• Practice ball familiarisation skills used in lessons to develop confidence with both feet.</li> <li>• <a href="https://www.youtube.com/watch?v=q1B4is3faOM">https://www.youtube.com/watch?v=q1B4is3faOM</a></li> </ul>
--	---	--

	<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>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><b>Handball -</b></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><b>HRF -</b></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>	<ul style="list-style-type: none"> <li>• Encourage your child to attend the school football club to develop skills and confidence.</li> <li>• Explore getting your child involved in local youth football. Visit the FA website club finder to find accredited organisations. <a href="https://www.thefa.com/get-involved">https://www.thefa.com/get-involved</a></li> <li>• Ask your child about "ME in PE" and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> <li>• Get involved in any sport that you need to dodge, run, catch, and throw.</li> <li>• Watch Handball matches on TV or YouTube matches/skills – e.g., Olympic and World Championships.</li> <li>• Join the Handball club in school.</li> <li>• Contact your local handball club (Loughborough/Coventry/ Birmingham).</li> <li>• Ask your child about "ME in PE" and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> <li>• Ask your child to lead a warm-up with the family.</li> <li>• Discuss different sports and what is needed to participate in that sport.</li> <li>• Encourage them to develop their fitness and</li> </ul>
--	--	--

	<p>47. Give a basic explanation of the difference between aerobic and anaerobic training zones.</p> <p><b>Netball -</b></p> <p>48. Select and perform footwork and passing variations within their game play under increasing pressure.</p> <p>49. Use dodging and change of direction to move into space to support team-mates.</p> <p>50. Apply pressure to the opposition through marking/defending and use of body to channel/limit options.</p> <p>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.</p> <p>52. Use correct shooting technique with some success in practice and small game situations.</p> <p>53. Contribute to attacking or defensive play, working effectively in a team to select and apply tactics.</p> <p><b>Problem Solving -</b></p> <p>54. Successfully complete the tasks set as part of their group.</p> <p>55. Contribute towards more challenging tasks verbally and physically.</p> <p>56. Provide feedback on the completion of tasks.</p> <p>57. Lead a small group in more challenging tasks.</p> <p>58. Show resilience in more challenging tasks.</p> <p>59. Show empathy for others.</p>	<p>have a go at a type of training at home.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> </ul> <ul style="list-style-type: none"> <li>• Discuss different sports and what is needed to participate in that sport.</li> <li>• Discuss the difference between aerobic and anaerobic zones as a family.</li> <li>• Ask your child to plan a session as a family to do.</li> <li>• Encourage your child to discuss homework tasks with you.</li> </ul> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Encourage your child to attend the school club for practice.</li> <li>• Research local netball clubs/teams to join.</li> <li>• <a href="https://www.englandnetball.co.uk/play-netball/find-a-session-or-club/">https://www.englandnetball.co.uk/play-netball/find-a-session-or-club/</a></li> <li>• Watch netball drills online <a href="https://www.youtube.co">https://www.youtube.co</a></li> </ul>
--	---	--

		<a href="https://www.youtube.com/watch?v=8WxpyyUwQIQ">m/watch?v=8WxpyyUwQIQ</a> <a href="https://www.youtube.com/watch?v=sGPHv-hkBV8">https://www.youtube.com/watch?v=sGPHv-hkBV8</a> or watch parts of matches on YouTube/TV
	<p><b>Rounders -</b></p> <ol style="list-style-type: none"> <li>60. Use a range of bowling techniques with some accuracy and consistency to challenge the opposition.</li> <li>61. Move into position to use a long barrier technique.</li> <li>62. Demonstrate the correct technique for batting and modify to change batting direction.</li> <li>63. Use overarm throw with some accuracy from backstop to 1st post / 2nd post and from 2nd post to 4th post.</li> <li>64. Understand the relevance of the pitch lines.</li> <li>65. Explain a wide range of rules relating bowling, batting and fielding.</li> </ol> <p><b>Rugby -</b></p> <ol style="list-style-type: none"> <li>66. Recall how to catch the ball at pace.</li> <li>67. Pass accurately over a variety of distances.</li> <li>68. Demonstrate at least one way to support a teammate in a conditioned game.</li> <li>69. Demonstrate how to retain the ball in contact.</li> <li>70. Understand how to evade an opponent.</li> <li>71. Recall a tackling technique and use it in a conditioned game.</li> <li>72. Present a ball in a ruck consistently.</li> </ol>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=H25dND9cJuQ">https://www.youtube.com/watch?v=H25dND9cJuQ</a></li> <li>• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> <li>• Ask them do explain what they have been doing in lessons.</li> <li>• Discuss what skills they have used during lessons.</li> <li>• Ask them to explain, demonstrate and lead some activities they have done in lessons with family/friends.</li> <li>• Look at local Scout/Brownie/Cadet groups.</li> <li>• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> <li>• 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).</li> </ul>

	<p>73. Demonstrate techniques of entering a ruck.</p> <p>74. Make effective decisions in a game situation.</p>	<ul style="list-style-type: none"> <li>• Encourage your child to attend the school club for practice.</li> <li>• Find local rounders clubs/teams to join <a href="https://www.roundersengland.co.uk/play/">https://www.roundersengland.co.uk/play/</a></li> <li>• Watch rounders drills on-line. <a href="https://www.youtube.com/watch?v=kWCNpoJ9vXA">https://www.youtube.com/watch?v=kWCNpoJ9vXA</a></li> <li>• <a href="https://www.youtube.com/watch?v=smTBrE52Fag">https://www.youtube.com/watch?v=smTBrE52Fag</a></li> <li>• Watch parts of matches on YouTube <a href="https://www.youtube.com/watch?v=EGcimxQM0v0">https://www.youtube.com/watch?v=EGcimxQM0v0</a></li> <li>• Encourage them to talk about health and fitness and what makes a person healthy.</li> <li>• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> <li>• Contact your nearest rugby club (Tamworth, Atherstone, Nuneaton, Market Bosworth).</li> <li>• Encourage your child to attend the school rugby club or practice.</li> <li>• Get involved in any games that involve dodging, running, throwing, and catching.</li> <li>• Watch a rugby game on TV or live/skills on YouTube.</li> <li>• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</li> </ul>
--	--	---

	<p><b>Volleyball -</b></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"> <li>• Encourage your child to discuss homework tasks with you.</li> <li>• Encourage your child to attend the school club for practice.</li> <li>• Watch volleyball matches/skills online. The following are good to use:  <a href="https://www.youtube.com/c/Volleyball1on1Videos">https://www.youtube.com/c/Volleyball1on1Videos</a>  <a href="https://www.youtube.com/watch?v=Foj6A4WWgCg">https://www.youtube.com/watch?v=Foj6A4WWgCg</a></li> <li>• Join a volleyball club – both Tamworth Spartans and Nuneaton Volleyball Club are recommended and have links with the school.</li> <li>• Ask your child about “ME in PE” and discuss the characteristics they have developed in PE.</li> <li>• Encourage your child to discuss homework tasks with you.</li> </ul>
--	--	--