

Rugby

Students will learn:-

- Rugby – Core, and Advanced skills as well as decision making covered over 7 double lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Core Skills:

- Passing off both sides over varying distances – **GOOD** accuracy most of the time over short distance, **SOMETIMES** accurate over long distance
- Tackling from front, side and rear – **GOOD** technique to provide success most of the time
- Rucking (going to ground, presenting ball, support/driving) – **GOOD** technique to provide success most of the time
- Beat an opponent using a hand-off, side-step, change of pace/ direction – used successfully most of the time

Advanced Skills:

- Passing (switches, missed-passes, scissor, offloading out of contact) – **RARELY** used successfully
- Scrum (binding, position of feet and angle of drive) – **RARELY** successful
- Lineouts tactics, roles and support (lifting after yr 9) – Not taught in year 8
- Kicking (high ball, grubber, box, conversions, penalties, drop goals) – Not taught in year

Decision Making:

- Communication with teammates regarding offensive and defensive strategies – **SOMETIMES** used effectively
- Tactics and strategies (Attacking and defensive alignment). – **SOMETIMES** used effectively during games, although realign correctly when ball is out of play **MOST** of the time
- Choose when to apply appropriate skills – **SOMETIMES** effective

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Table Tennis

Students will learn:-

- Table Tennis – Core, and Advanced skills as well as decision making covered over 6 single lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Core Skills:

- Forehand and backhand offensive topspin – **SOMETIMES** accurate with spin and power to the back of the table
- Forehand and backhand Defensive strokes (push and slice) – **RARELY** accurate when played with spin
- Forehand and backhand serves – **SOMETIMES** accurate

Advanced Skills:

- Forehand loop (offensive stroke) – **RARELY** accurate to the back of the table
- Block as a defensive stroke – **RARELY** successful
- Strokes with sidespin – **RARELY** accurate
- High Toss Service – **RARELY** accurate

Decision Making:

- Selects appropriate shots and able to play to opponents weaknesses – **SOMETIMES** effective
- Communication with their partner in **doubles** to show understanding of how to apply tactics and strategies (different in attack and defence) – **SOMETIMES** effective

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Trampolining

Students will learn:-

- Trampolining – Core, and Advanced skills as well as decision making covered over 3 double lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Core Skills:

- All shapes (tuck, pike and straddle) – **SOME** control and extension
- Twists (half and full) – **SOME** control and extension
- Landings (seat, front and back) – **SOME** control and extension
- Combined movements (swivel hips, twists into/out of different landings, seat to front and front to seat) – **RARELY** performed with control and fluency

Advanced Skills:

- Back to front – **RARELY** performed with control and fluency
- Front to back – **RARELY** performed with control and fluency
- Half turntable – **RARELY** performed with control and fluency
- Cradle – **RARELY** performed with control and fluency
- Front somersault (tucked and piked) – **RARELY** performed with control
- Back somersault (tucked, piked and straight) – **RARELY** with control

Decision Making:

- Composition and flow of routine – **RARELY** with control and fluency
- Body awareness and use of flight – Routines **RARELY** performed with height
- Acceleration/deceleration of movements – **RARELY** shown in performance
- Spatial awareness – **RARELY** managing to stay in the centre of the trampoline
- Use of showmanship - **RARELY** shown in performance
- Awareness of the rules and regulations of the activity and their application (including judging signals) very little understanding

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.