

**TERM PLAN (CHRISTMAS)**  
**PHYSICAL EDUCATION (LAND ACTIVITY)**  
**GRADE 8**  
**2024-2025**

<b>TERM ONE</b> <b>SEPTEMBER TO</b> <b>DECEMBER</b>	<b>Duration -55 minutes per session</b>	<b>Unit Title</b> <b>Practical</b>	<b>Topic/content</b>	<b>Objectives</b>	<b>Teaching/learning strategy</b>	<b>Assessments</b>
<b>SEPTEMBER 2-13</b>	<u><b>Week 1 &amp; 2</b></u>	<b>Protocols and Eliminations</b>	<ol style="list-style-type: none"> <li>1. Students will run two standard events which will contribute points towards sports day (100m and 200m)</li> <li>2. Familiarization with rules, protocols and timetable</li> </ol>	<b>Students should be able to</b> <ol style="list-style-type: none"> <li>1. Observe rules and protocols</li> <li>2. Dress appropriate for class</li> <li>3. Explain how they are going to be graded</li> <li>3. State how they are going to be rotated for class.</li> </ol> Eliminations for Sports Day	<ol style="list-style-type: none"> <li>1. Stop watches will record time</li> <li>2. Discussions based on questions and answer sessions</li> </ol>	Students will be selected to run on sports according to their time and placement in the event ran.
<b>SEPTEMBER 16 – 17</b>	<u><b>Week 3 and 4</b></u>	<u><b>Marking and Dodging</b></u>	<ol style="list-style-type: none"> <li>1. Definition of marking and dodging</li> <li>2. Importance of dodging and marking</li> <li>3. When to dodge and mark during a game</li> </ol>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>▪ Define dodging and marking</li> <li>▪ Explain the Importance of dodging and marking</li> </ul>	<ol style="list-style-type: none"> <li>1. Discussion</li> <li>2. Demonstration of the technique</li> <li>3. Videos will be placed in</li> </ol>	Perform appropriate technique in pairs Demonstrate the skill in a game situation Record correct timing for each game

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<p>September 30– OCTOBER 11</p>	<p><u>Week 5 and 6</u></p>	<p><b>Netball playing positions and responsibilities</b></p>	<p>4. Time period during a netball match for both junior and senior</p> <p>1. What are the playing positions on a netball team?  2. The responsibilities of each playing positions on a netball team.  3. Playing a netball game</p>	<ul style="list-style-type: none"> <li>▪ Demonstrate strategies using a combination of attacking and defending skills with special emphasis on dodging and marking in game situations</li> <li>▪ State the time periods for both junior and senior netball game</li> </ul> <p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>● State the playing positions on a netball team</li> <li>● Explain the importance of each playing positions</li> <li>● Apply the knowledge learnt in a game situation</li> </ul>	<p>google classroom</p> <p>4. Question and answer to test students' knowledge</p> <p>Provide notes in google classroom</p> <p>Bibs will be shown to identify the playing positions</p> <p>Question and answer session</p>	<p>Question and answer Discussion Engaged In a game</p>
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<b>OCTOBER 14-18 First Six Weeks Test</b>						
<b>OCTOBER 21 - 23 Mid-Term Break</b>						
<b>NOVEMBER</b>						
<b>OCTOBER 28 - NOVEMBER 8</b>	<b><u>Week 8 and 9</u></b>	<b>Hand signals used in netball</b>	<ol style="list-style-type: none"> <li>1. What are the different hand signals used in the game of netball?</li> <li>2. Know the different hand signals</li> <li>3. Respond to the different hand signals during a netball game</li> </ol>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>▪ State the different hand signals used in netball</li> <li>▪ Identify different hand signals</li> <li>▪ Apply the knowledge learnt to identify what each hand</li> </ul>	Students will name hand signals  Guess the signal game  Discussion	Hand signals will be made by students  Search information

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				signals means in a game situation.		
<b>NOVEMBER 11 - 22</b>	<b><u>Week 10 and 11</u></b>	<b>Terms used in netball</b>	<ol style="list-style-type: none"> <li>1. Know the different terms used in netball</li> <li>2. Understand why each term is used</li> <li>3. Know when each term is used</li> </ol>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>● State the different term used in netball</li> <li>● Differentiate the different terms used in netball</li> <li>● Demonstrate an understanding on the different term used in netball</li> </ul>	Notes in google classroom  Students will tell the different terms used  Terms will be shown and students answer and tell the meaning	Demonstrate an understanding of the term used through a game situation  Search for information
<b>NOVEMBER 25 – DECEMBER 6</b>	<b><u>Week 12</u></b>	<b>Graded practical on netball</b>	<ol style="list-style-type: none"> <li>1. Know the hand signals in netball</li> <li>2. Know the role and responsibilities of each playing positions</li> </ol>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>● Correctly demonstrate an understanding of the playing positions</li> </ul>	Students will physical demonstrate on court  Observe	Engagement in a game

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				<ul style="list-style-type: none"> <li>• Display an understanding of the hand signals used in netball</li> </ul>		
<b>DECEMBER</b>						
<b>DECEMBER 9 – 13 SECOND SIX WEEKS TEST</b>						
<b>DECEMBER 9 - 19</b>	<b>WEEK 14</b>	<b>Graded practical on netball</b>	<ol style="list-style-type: none"> <li>1. Know the hand signals in netball</li> <li>2. Know the role and responsibilities of each playing positions</li> </ol>	<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>• Correctly demonstrate an understanding of the playing positions</li> <li>• Display an understanding of the hand signals used in netball</li> </ul>	Students will physical demonstrate on court  Observe	Engagement in a game
<b>DECEMBER 19 END OF TERM</b>						

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