

Year 8 Curriculum Grid PE

Year/term	Intent
8	<ul style="list-style-type: none"> • To deliver lessons that cover a variety for sports to cater for all student interests. • Lessons delivered at different times of the year based on seasonal weather/space/teams. • The priority is to keep students active and engaged. • Opportunities for leadership during warm-up and game related activities (strategies/tactics) • To extend and develop the same skills learned in Y7 PE • To continually revisit the names of muscles and bones as covered in Year 7. Add – movements available – flexion, extension etc • To be aware of the different phases of a warm-up and the reasons why we warm up before physical activity
Autumn (Sep – Oct)	<ul style="list-style-type: none"> • To learn and develop skills in the following sports: Netball Basketball Rugby Football • To experience game play as part of an Interform competition (Girls – football, Boys – rugby) • Some lessons will be adapted depending on the weather, space and staffing • Students will cover the following topics: Game play Passing and possession Beating a player/Dribbling/Dodging/1v1 Attacking strategies/shooting Defending strategies/tackling/marketing Review/revisit muscles and bones learned in Y7 To learn the 3 phases of a warm-up
Winter 1 (Nov - Dec)	<ul style="list-style-type: none"> • To learn and develop skills in the following sporting activities: Lacrosse Handball Hockey • Students will cover the following topics: Game play

Year 8 Curriculum Grid PE

	<p>Passing and possession</p> <p>Beating a player/Dribbling/Dodging/1v1</p> <p>Attacking strategies/shooting</p> <p>Defending strategies/tackling/marking</p> <p>Fitness – methods of training, principles of training, designing a fitness programme</p> <p>Learn the major movements at different joints – flexion, extension, abduction, adduction, rotation</p> <p>Reasons for warming up</p>
<p>Winter 2 (Jan – Easter)</p>	<ul style="list-style-type: none"> • To learn and develop skills in the following sporting activities: Football (see above) Table tennis - rules and game play, service and basic shot selection, attacking strategies, defensive strategies Handball (see above) Fitness – methods of training, principles of training, designing a fitness programme Gymnastics/Trampolining – flight, locomotion and balance • To experience game play as part of an Interform competition (Girls – netball, Boys – football) • 3 indoor activities (due to the inclement weather at this time of year) to help with engagement and motivation. <p>PSHCE – to cover diet, alcohol and smoking, and first aid</p> <p>Learn the major movements at different joints – flexion, extension, abduction, adduction, rotation</p> <p>What body changes occur when we exercise? Why? Changes in heart rate, breathing rate etc</p>
<p>Summer</p>	<ul style="list-style-type: none"> • To learn and develop skills in the following sports:

Year 8 Curriculum Grid PE

<p>(Easter - Summer)</p>	<p>Tennis - rules and game play, service and basic shot selection, attacking strategies, defensive strategies Rounders – fielding, bowling, batting, gameplay Cricket – fielding, bowling, batting, gameplay Athletics – running (short and long distance), throwing, jumping</p> <ul style="list-style-type: none">• To experience game play as part of an Interform competition (Girls – rounders, Boys – cricket)• Some lessons will be adapted depending on the weather, space and staffing <p>Re visit all the above – Muscles, bone, phases of a warm-up, movements, reasons for warm-up, immediate changes to the body when we exercise</p>
--------------------------	---