



Subject: Physical Education

Year: 8

| | What? | Why? | National Curriculum Links |
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| Term 1-1 | Cross country: All pupils will be taught the following: <ul style="list-style-type: none"> • Running technique • Pacing • Hill running (ascend/descend) • Course management • Finishing - final push/sprint for the line • Comparison to '<i>Personal Best</i>' from Year 7 | <ul style="list-style-type: none"> • Development of CVE • Improve pupil resilience and confidence over a cross country distance • Improve running technique and develop tactics within a running setting • Analyse their performance and compare to their '<i>Personal Best</i>' | 1, 2, 5, 6 |
| Term 1-2 | Sports hall athletics: All pupils will be taught the following: <ul style="list-style-type: none"> • Individual and team running events • Throwing events • Jumping events | <ul style="list-style-type: none"> • Develop technique and improve performance • Analyse performance and compare '<i>Personal Best</i>' from Year 7. • Performance used to select CCSC squad for Sports District competition. | 1, 2, 5, 6 |
| Term 2-1 | Over the course of the remainder of Year 8, pupils will do (some not all) the following activities but in varying sequence. | Netball: <ul style="list-style-type: none"> • Recap positions/rules • Develop passing technique with evading and movement off the ball further developed. • Attacking/defending tactics • Phases and patterns of play developed. | 1, 2, 5, 6 |
| Term 2-2 | Netball Football Rugby Badminton Table Tennis | Football: <ul style="list-style-type: none"> • Develop knowledge 11 v11 format | 1, 2, 5, 6 |



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| Term 3-1 | Gymnastics | <ul style="list-style-type: none"> • Possession based drills with a focus on keeping the ball, decision making. | 1, 2, 5, 6 |
| Term 3-3 | Dance | <ul style="list-style-type: none"> • Attack V defend scenarios | |
| | Rounders | <ul style="list-style-type: none"> • Focus on communication, team work and collective responsibility. | |
| | Cricket | <p><u>Rugby:</u></p> <ul style="list-style-type: none"> • Recap tackling technique • Recap of the game/rules • Incorporate new techniques to beat opponent (2v1) • Introduce contested ruck. | 2, 5, 6 |
| | Swimming | <p><u>Badminton:</u></p> <ul style="list-style-type: none"> • Set up the courts/basic rules/scoring system • Basic shots – serve/clear/drop smash • Single half court games • Move your opponent forwards and backwards | 2, 3, 5, 6 |
| | Athletics (track and field) | <p><u>Table Tennis:</u></p> <ul style="list-style-type: none"> • Set up table/basic rules/scoring system • Basic shots – serve/back hand/forehand • Aim to 'push' the ball. Maintain rally/beat opponent • If able, develop top spin on the ball. | 1, 2, 5, 6 |
| | | <p><u>Gymnastics:</u></p> <ul style="list-style-type: none"> • Recap rolls/balances/travel/jumps | 2, 5, 6 |



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| | | <ul style="list-style-type: none"> • Link actions together to create individual and group routine • Introduce Trampets/spring boards and develop flight. • A&T pupils moved on to Trampolining <p><u>Dance:</u></p> <ul style="list-style-type: none"> • Recap of travel, balance, rotation and jumps • More complex routines introduced • Whole group and individual elements incorporated. • More able pupils to create their own dance/section of dance <p><u>Rounders:</u></p> <ul style="list-style-type: none"> • Throwing and catching (fielding) • Knowledge of rounders pitch (layout) • Basic rules of the game (scoring etc) • Hitting the ball (batting) <p><u>Swimming:</u></p> <ul style="list-style-type: none"> • Recap of water confidence and pool entry/safety • Recap of body position and arm/leg technique of front/backstroke. • Basic water polo rules/skills introduced • A&T pupils - breast stroke and butterfly technique introduced • Record time in all strokes and compare to year 7 'Personal Best' | <p>2, 3, 5, 6</p> <p>1, 2, 5, 6</p> <p>1, 2, 5, 6</p> |
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| | | <p><u>Athletics:</u></p> <ul style="list-style-type: none"> • Recap all track and field events that are age relevant • Skills refined – (starts, run ups, body position) • All times/distances recorded for '<i>Personal best</i>' • Pupils selected for District athletics competition from data collected | 1, 2, 5, 6 |
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