



Year 8 Physical Education Curriculum



Term	Curriculum content
Michaelmas 1  	Baseline Fitness Testing: Variety of different fitness test to help with setting the classes. Also show improvement or reversibility from year 7 baseline testing. KEYWORDS: Components of fitness. Girls: Football, pupils will be learning about passing and dribbling. Focusing on technical aspects of the game. pupils develop their communication skills both physically and verbally during competitive game situations. Training for potential teams in both boys and girl's cups and fixtures. Boys: Rugby, pupils will learn positioning, passing and tackling. Rucking and mauling how to set up with safety implications. pupils learn how to play with a high competitive edge . Training for rugby festivals. KEYWORDS: Muscles and importance of warming up.
Michaelmas 2  	Girls: Rugby, pupils will learn positioning, passing and tackling. Rucking and mauling how to set up with safety implications. Students learn how to play with a high competitive edge . Training for rugby festivals. Boys: Football, pupils will be learning about passing and dribbling. Focusing on technical aspects of the game. pupils develop their communication skills both physically and verbally during competitive game situations. Training for potential teams in both boys and girl's cups and fixtures. KEYWORDS: Bones and joints.
Lent 1 	Girls: Gymnastics, pupils will learn simple gymnastics skills on beam such as jumping, leaps, travelling steps, rotations and creation of routines. They will use skills from year 7 and transfer prior knowledge. Boys: Table Tennis/Badminton, pupils will learn simple coordination skills such as serving and returning. They will learn backhand and forehand movements as well as overhead clear in badminton. KEYWORDS: Components of fitness
Lent 2  	Girls: Netball, pupils will learn different types of passing (chest, bounce and shoulder). They will also learn dodging and disguise and will be experts in rules and positions to enable game play. Training for potential teams in both boys and girl's cups and fixtures. Boys: Table Tennis/Badminton, pupils will learn simple coordination skills such as serving and returning. They will learn backhand and forehand movements as well as overhead clear in badminton. KEYWORDS: Diet and Health & Fitness
Trinity 1  	Batting and Fielding Games Rounders, pupils will perfect throwing and catching techniques as well as the rules of the game and positioning. They will develop their batting technique adding flair and disguise. Cricket, pupils will learn basic throwing and catching techniques as well as the rules of the game and positioning. They will develop their batting technique adding flair and disguise. KEYWORDS: Principles of training
Trinity 2 	All students: Athletics, pupils will learn the techniques for <u>Track events</u> – 100m, 200m, 1500m and 4x100m. Exit from a block when sprinting and also relay batons exchange. <u>Field events</u> – shot-put, discus and javelin. KEYWORDS: Types of training