



Year 8 Physical Education Curriculum



Term	Curriculum content
<p>Michaelmas 1</p>  	<p>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.</p> <p>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.</p> <p>Training for potential teams in both boys and girl’s cups and fixtures.</p> <p>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 .</p> <p>Training for rugby festivals.</p> <p>KEYWORDS: Muscles and importance of warming up.</p>
<p>Michaelmas 2</p>  	<p>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 .</p> <p>Training for rugby festivals.</p> <p>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.</p> <p>Training for potential teams in both boys and girl’s cups and fixtures.</p> <p>KEYWORDS: Bones and joints.</p>
<p>Lent 1</p> 	<p>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.</p> <p>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.</p> <p>KEYWORDS: Components of fitness</p>
<p>Lent 2</p>  	<p>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.</p> <p>Training for potential teams in both boys and girl’s cups and fixtures.</p> <p>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.</p> <p>KEYWORDS: Diet and Health & Fitness</p>
<p>Trinity 1</p> 	<p>Batting and Fielding Games</p> <p>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.</p> <p>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.</p> <p>KEYWORDS: Principles of training</p>
<p>Trinity 2</p> 	<p>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.</p> <p>KEYWORDS: Types of training</p>