

# PE Curriculum Map: Year 8

**AUTUMN TERM**

## GYMNASTICS - Duet work. Floor and apparatus



- Skill development:
- Body control
  - Partner balances
  - Mirroring
  - Jumping
  - Rolling
  - Sequence building

## HANDBALL



- Skill development:
- Dribbling
  - Passing
  - Shooting
  - Positioning

## DANCE - High School Musical



- Skill development:
- Performance - Students will learn key set phrases with influences from the game of basketball. They will dance to music from the film 'High School Musical'.
  - Choreography - Students will create solo, duet and group phrases using skills of the

- Skill Development
- Throwing skills
  - Catching skills
  - Spatial awareness
  - Agility
  - Basic attacking and defending

## TAG RUGBY



Students will learn different training methods:

- Circuit training
- Strength and conditioning
- Boxercise
- Yoga/Pilates

## NETBALL



- Skill development:
- Hand eye co-ordination
  - Catching skills
  - Throwing skills
  - Attacking and defending skills

**SPRING TERM**

**SUMMER TERM**

## VOLLEYBALL



- Skill development
- Volley/set shot
  - Dig
  - Serve
  - Basic rules and tactics

- Skill development:
- Dribbling
  - Passing
  - Control
  - Basic attacking and defending

## SWIMMING



- Skill development:
- Water confidence
  - Stroke development
  - Gliding
  - Floating

## FOOTBALL



## FITNESS



- Skill development:
- Throwing
  - Catching
  - Batting
  - Fielding
  - Wicket keeping
  - Bowling

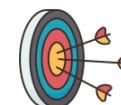
## ATHLETICS - Field

- Skill development
- Forehand
  - Backhand
  - Volley
  - Basic Serve
  - Basic rules and tactics

- Skill development:
- Throwing
  - Catching
  - Bowling
  - Batting
  - fielding
  - Basic tactics

- Skill development:
- Track events
  - Running technique
  - Sprint
  - Middle distance
  - Sprint starts
  - Hurdles
  - Relay

## OUTDOOR EDUCATION



- Students will have lessons in:
- Problem solving
  - Orienteering
  - Archery

## CRICKET



- Skill development:
- Field events
  - Throwing - Shot put, Javelin, Discus
  - Jumping- Standing long jump, Standing triple jump

## TENNIS



## ROUNDERS

## ATHLETICS - Track



In all activities, students will learn in:

### Health and fitness

- Know how to stay safe
- Why the body changes during exercise
- Training methods

### Problem solving and social skills

- Work independently

### Analysis

- Comment and evaluate performance
- Compare performances