

Topic Lists

Year 8 PE

In Year 8, pupils have a weekly PE lesson with their form where they develop their physical literacy through a wide range of sports such as trampolining and cricket. This is in addition to a weekly games lesson where pupils rotate between netball, hockey and swimming lessons.

Autumn Term	Netball Introduction of more sophisticated tactics and skills to enhance decision-making skills and problem-solving. Students will also participate in a House Netball event.
	Hockey - Whilst further refining the fundamental principles of play and accurately replicating core skills, pupils will also be encouraged to evaluate the effectiveness of their implementation to game play.
	Swimming Strokes - Pupils build upon their fundamental aquatic skills with stamina, lane discipline and breathing efficiency.
	Tag Rugby - ball familiarisation, passing and retrieving, attacking to create space and basic rule implementation.
	Fitness Suite - equipment induction and introduction to health-related exercise.
Spring Term	Dance - Pupils continue to explore ASDR principles whilst exploring a GCSE specification professional work. Learning professional repertoire, using motif development and creating their own choreography.
	Trampolining - basic skills, landings, shapes and twists including tuck jump, straddle jump, front landing, back landing, swivel hips and full-twist jump.
	Swimming strokes
	Hockey Continuation from Autumn Term Netball
Summer Term	Rounders - More advanced tactics and structures including playing off the posts and varying the timing of the bowl to outwit opponents.
	Athletics - Pupils build upon their existing knowledge through implementing more advanced movement patterns whilst also being encouraged to develop peer observation and evaluative skills.
	Cricket - Developing the overarm bowl to ensure a good line and length of ball. Pupils will begin to develop strategies to reduce an opponent's run rate.
	Tennis - Pupils will build upon the groundstrokes and skills learned in Year 7, shifting focus to intrinsic detection and correction of errors. Pupils will also develop their overhead serve.

Please note that the order of delivery is continuously reviewed and may be altered if we feel that this would be appropriate; we aim to cover all of the topics listed above at some point in the academic year.

