

## 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.

<b>Autumn Term</b>	<b>Netball</b> Introduction of more sophisticated tactics and skills to enhance decision-making skills and problem-solving. Students will also participate in a House Netball event.
	<b>Hockey</b> - 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.
	<b>Swimming Strokes</b> - Pupils build upon their fundamental aquatic skills with stamina, lane discipline and breathing efficiency.
	<b>Tag Rugby</b> - ball familiarisation, passing and retrieving, attacking to create space and basic rule implementation.
	<b>Fitness Suite</b> - equipment induction and introduction to health-related exercise.
<b>Spring Term</b>	<b>Dance</b> - Pupils continue to explore ASDR principles whilst exploring a GCSE specification professional work. Learning professional repertoire, using motif development and creating their own choreography.
	<b>Trampolining</b> - basic skills, landings, shapes and twists including tuck jump, straddle jump, front landing, back landing, swivel hips and full-twist jump.
	<b>Swimming strokes</b>
	<b>Hockey</b> Continuation from Autumn Term <b>Netball</b>
<b>Summer Term</b>	<b>Rounders</b> - More advanced tactics and structures including playing off the posts and varying the timing of the bowl to outwit opponents.
	<b>Athletics</b> - Pupils build upon their existing knowledge through implementing more advanced movement patterns whilst also being encouraged to develop peer observation and evaluative skills.
	<b>Cricket</b> - 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.
	<b>Tennis</b> - 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.*

