**Year 8 - Physical Education Curriculum Overview 2024 – 2025**

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| **YR**  **8** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Content** | * Football * Cross Country | * Basketball * Badminton | * Dodgeball * Health Related Fitness | * Pickleball * Tag Rugby | * Athletics * Rounders | * Athletics * Cricket |
| **Key new knowledge** | **Football**  Dribbling – Game like situation  Short Passing – Keeping Possession  Control – Receiving outside the foot  Control – Receiving sole the foot  Control – Receiving Instep or laces  Dribbling – Turning with the ball  Turning with the ball – stop turn  Shooting – Angled shooting  Shooting- Rolling Ball  Defending – Jockeying  Defending – Block Tackle  **Cross Country**  Delevoping cardiovascular endurance – pacing a 1.5km run | **Basketball**  Passing and Receiving - Javelin Pass  3v1 Pass  Faking  Ready Position & Sidestep Movement  Review  Dribble Control - 2 Handed Dribble  Attacking Dribble (Crossover Dribble)  Lay Up - Stage 1  Defensive Positioning - 1v1  Shooting - Lay Up - Stage 1  **Badminton**  Backhand Serve (Short)  Overhead Shot / Push and Tap (No Net / Net)  Court Familiarisation  1 v 1 Conditioned Game  Backhand Shot / Body Position  Forehand Serve (Short/High Clear)  Overhead Clear  Drop Shot | **Dodgeball**  Using different throws  (Overhand & Underhand)  teamwork and communication  dodging techniques  (sidestep & Jump)  fair play and sportsmanship in dodgeball.  **HRF**  Skill  Agility  Balance  Coordination    Reaction time  Speed  Power | **Picleball**  Basics:  Striking stance and swing (forhand)  Serve:  Distance  Height  Ground Strokes:  Position, grip, stance, swing  Direction  Tactical:  Basic court Positioning  Basic Game Sense  **Rugby**  Pendulum Pass  Pendulum Pass with Movement  1 +1 Passing and Movement  Scoring a Try – Pressure on the Ball  Lateral Passing – Along a Line  Attacking Play Sidestep (‘Dodging’)  Defensive Positioning  Defending in Pairs/Groups (Tagging) | **Athletics**  Sprinting: Technique refinement. Speed and acceleration  High Jump: approach and take off.  Scissor jump  Triple jump: Hop step jump phases  **Rounders**  Retrieving the ball  Forehand Batting  Bowling – normal | **Athletics**  Distance: Increasing distance running capacity and pacing skills.  Javelin: Introduction to javelin grip and throwing technique.  Long Jump and Triple Jump: Further development of jump techniques and landing.  **Cricket**  Fielding: Throwing a ball (over arm)  Fielding: Long Barrier  Batting: Hitting still ball / self/partner feed bounce  Batting: running with the bat  Kwik Cricket |
| **Assessments** |  |  |  |  |  |  |