**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 situationShort Passing – Keeping PossessionControl – Receiving outside the footControl – Receiving sole the footControl – Receiving Instep or lacesDribbling – Turning with the ballTurning with the ball – stop turnShooting – Angled shootingShooting- Rolling BallDefending – JockeyingDefending – Block Tackle**Cross Country**Delevoping cardiovascular endurance – pacing a 1.5km run | **Basketball**Passing and Receiving - Javelin Pass 3v1 PassFakingReady Position & Sidestep Movement ReviewDribble Control - 2 Handed DribbleAttacking Dribble (Crossover Dribble)Lay Up - Stage 1Defensive Positioning - 1v1Shooting - Lay Up - Stage 1**Badminton**Backhand Serve (Short)Overhead Shot / Push and Tap (No Net / Net)Court Familiarisation1 v 1 Conditioned GameBackhand Shot / Body PositionForehand Serve (Short/High Clear)Overhead ClearDrop Shot | **Dodgeball**Using different throws(Overhand & Underhand)teamwork and communicationdodging techniques(sidestep & Jump)fair play and sportsmanship in dodgeball.**HRF**SkillAgilityBalanceCoordination Reaction timeSpeedPower | **Picleball**Basics:Striking stance and swing (forhand)Serve:DistanceHeightGround Strokes:Position, grip, stance, swingDirectionTactical:Basic court PositioningBasic Game Sense**Rugby**Pendulum PassPendulum Pass with Movement1 +1 Passing and MovementScoring a Try – Pressure on the BallLateral Passing – Along a LineAttacking Play Sidestep (‘Dodging’)Defensive PositioningDefending in Pairs/Groups (Tagging) | **Athletics**Sprinting: Technique refinement. Speed and accelerationHigh Jump: approach and take off.Scissor jumpTriple jump: Hop step jump phases**Rounders**Retrieving the ballForehand BattingBowling – 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 BarrierBatting: Hitting still ball / self/partner feed bounceBatting: running with the batKwik Cricket |
| **Assessments** |  |  |  |  |  |  |